

COLOURING THERAPY

ART BOOK

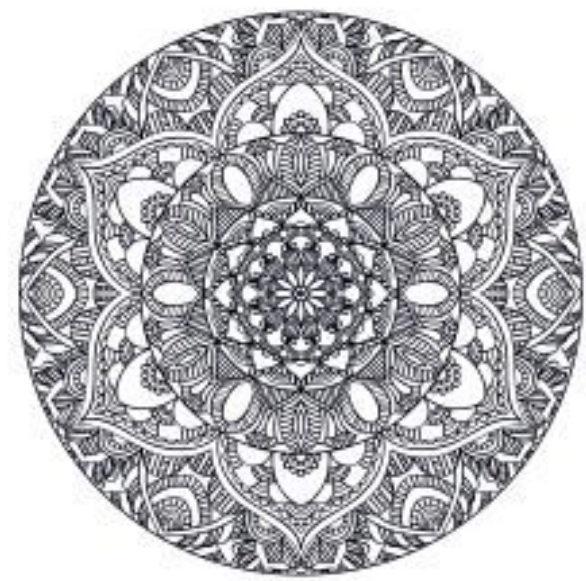


■ Enhance relaxation ■ Ease anxiety ■ Improve focus ■ Embrace escapism



CHAPTER 01

Animal Kingdom



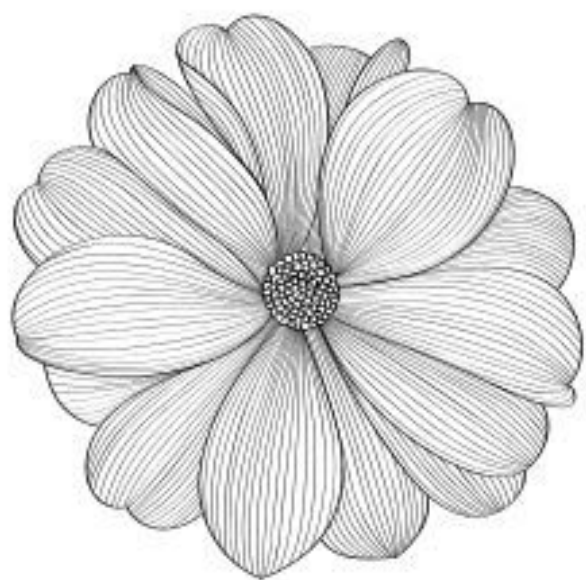
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Art Inspired

COLOURING THERAPY

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Colouring therapy is fast becoming the go-to activity for battling some of the many stresses induced by modern life. Whether it is the pressures of work, home life or the constant digital distractions of a smartphone or tablet, a study by the Mental Health Foundation suggests that 59% of British adults feel they are more stressed than they were five years ago.

Battling these pressures is easier said than done, but it is crucial to take time out to relieve stress and unwind. Colouring can help you do this. It aids you to tune out, relax and clear the mind as you focus on pattern and colour.

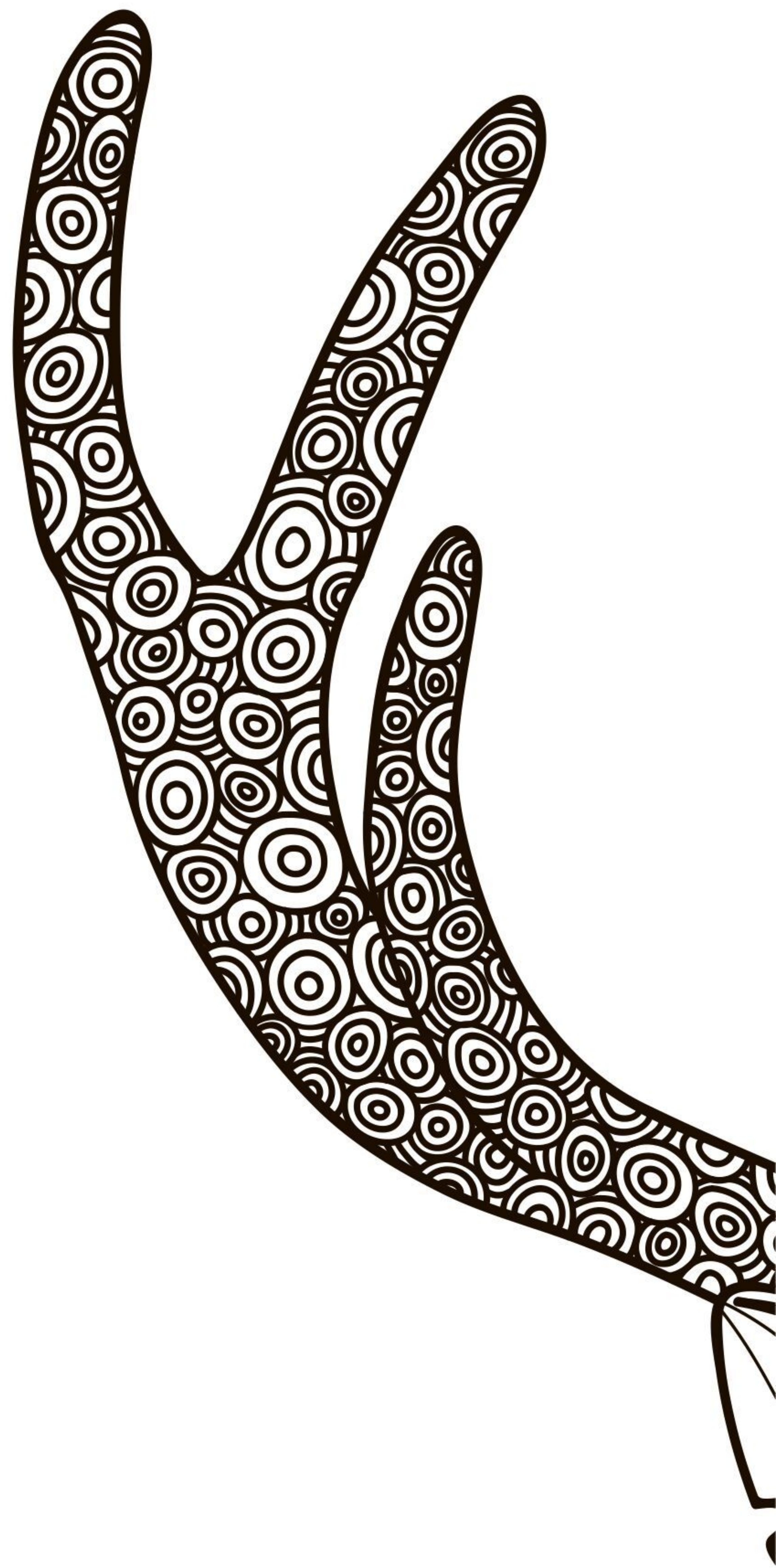
Inside this magazine you will find a carefully curated set of patterns designed to help you relax, enhance your concentration, improve eye-hand coordination and, of course, focus. It is the perfect antidote to the hustle and bustle of modern life and we hope the satisfaction of expressing your creativity, and spending just ten minutes a day filling out this book, will help increase your sense of peace, well being and happiness.



CHAPTER 01

Animal Kingdom

Take inspiration from some of Mother Nature's finest creations: the mighty inhabitants of the animal kingdom. Children naturally gravitate to drawing animals. Their exotic nature, variety of colour and shape and the sense of wonder they inspire often bringing out the best in a child's creativity. So grab your pencils and embrace your inner child as we head into the wild.

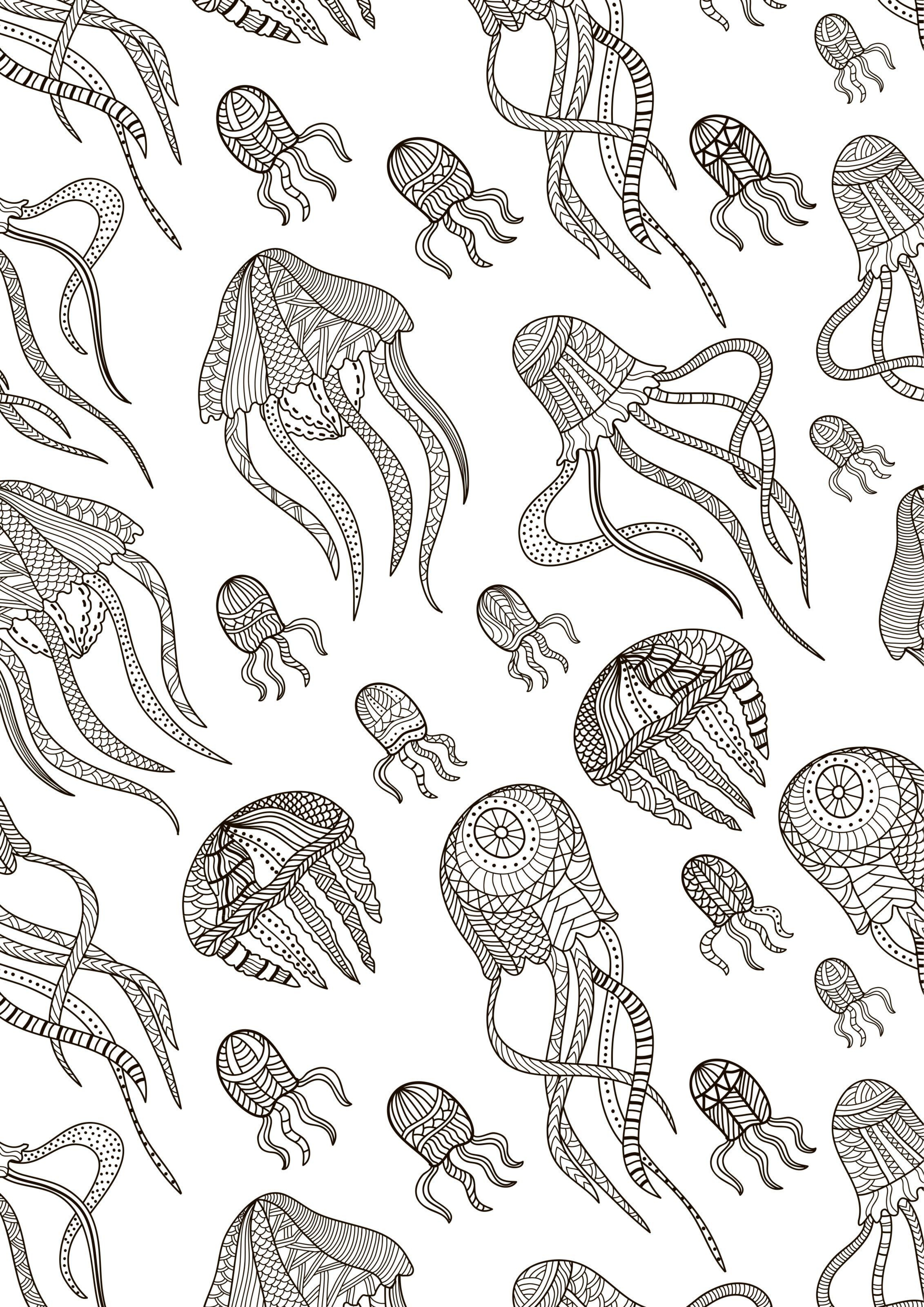


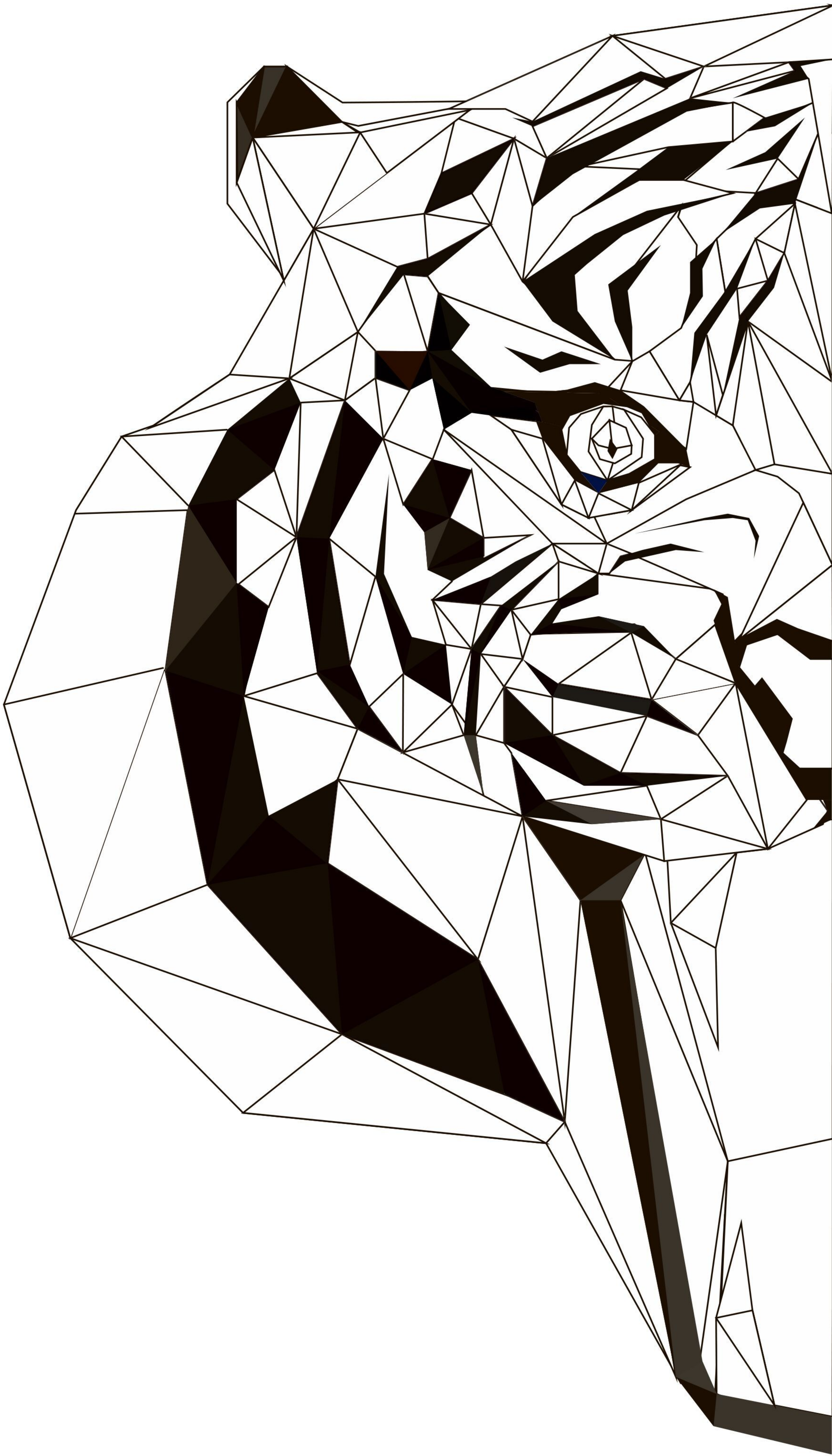




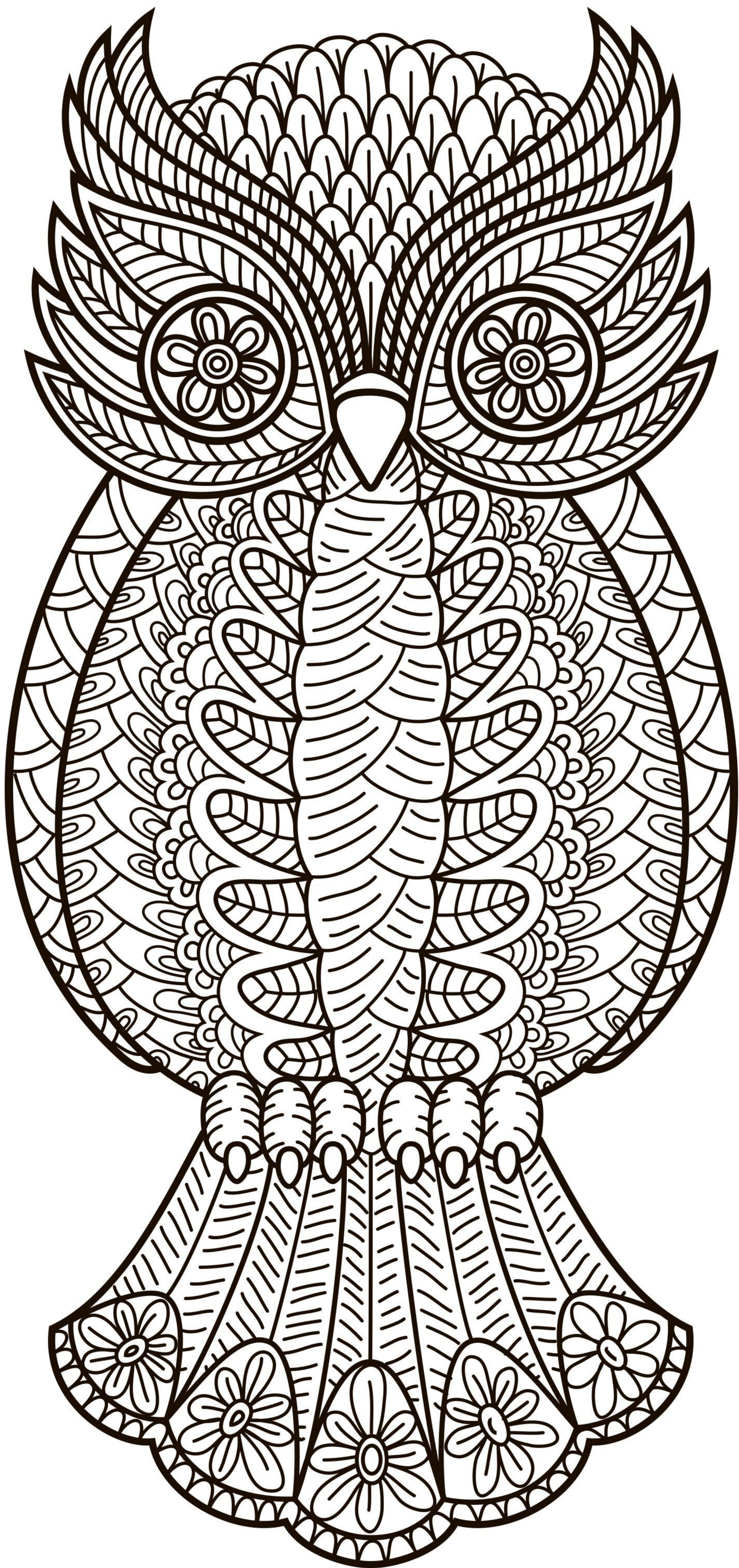


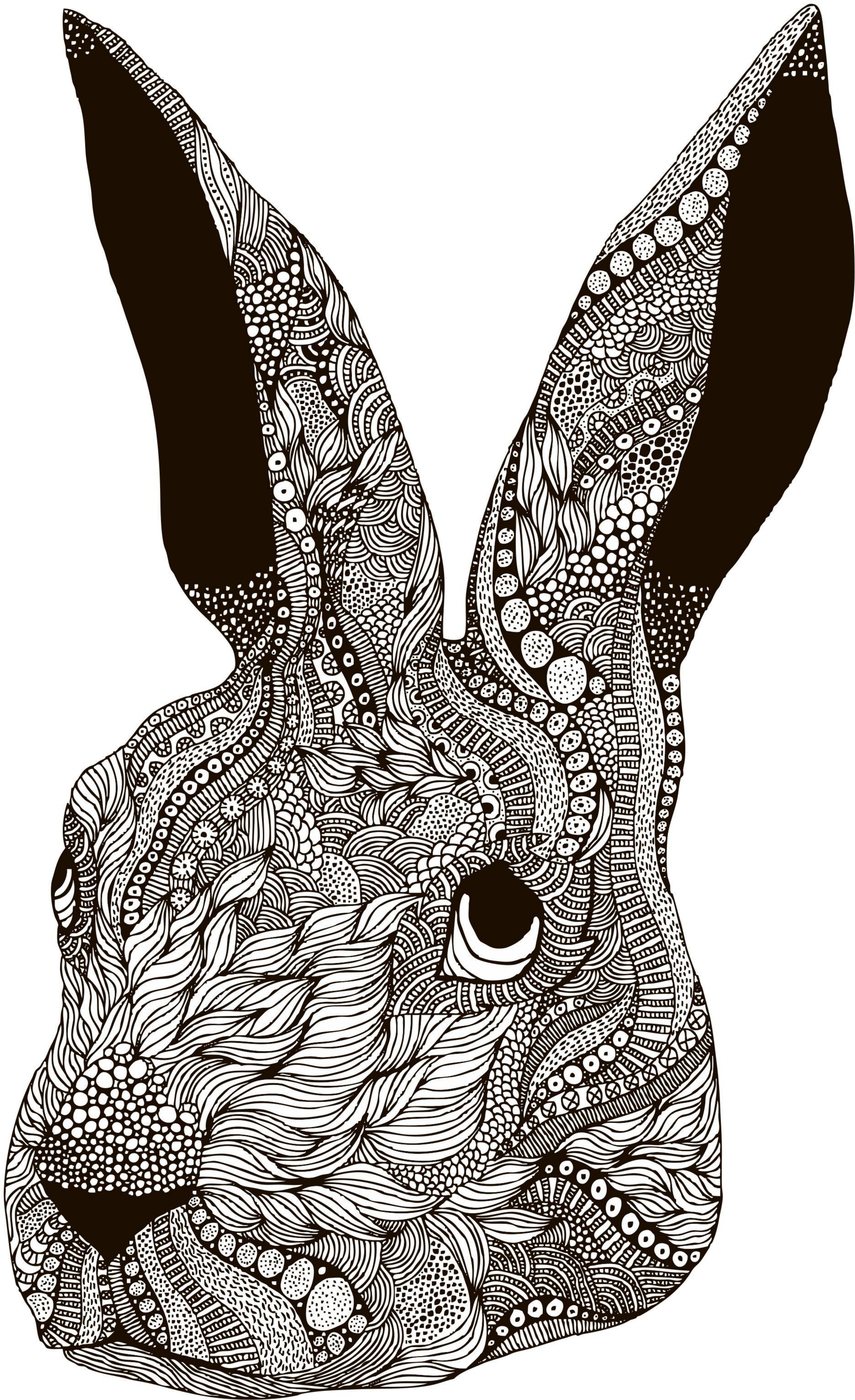


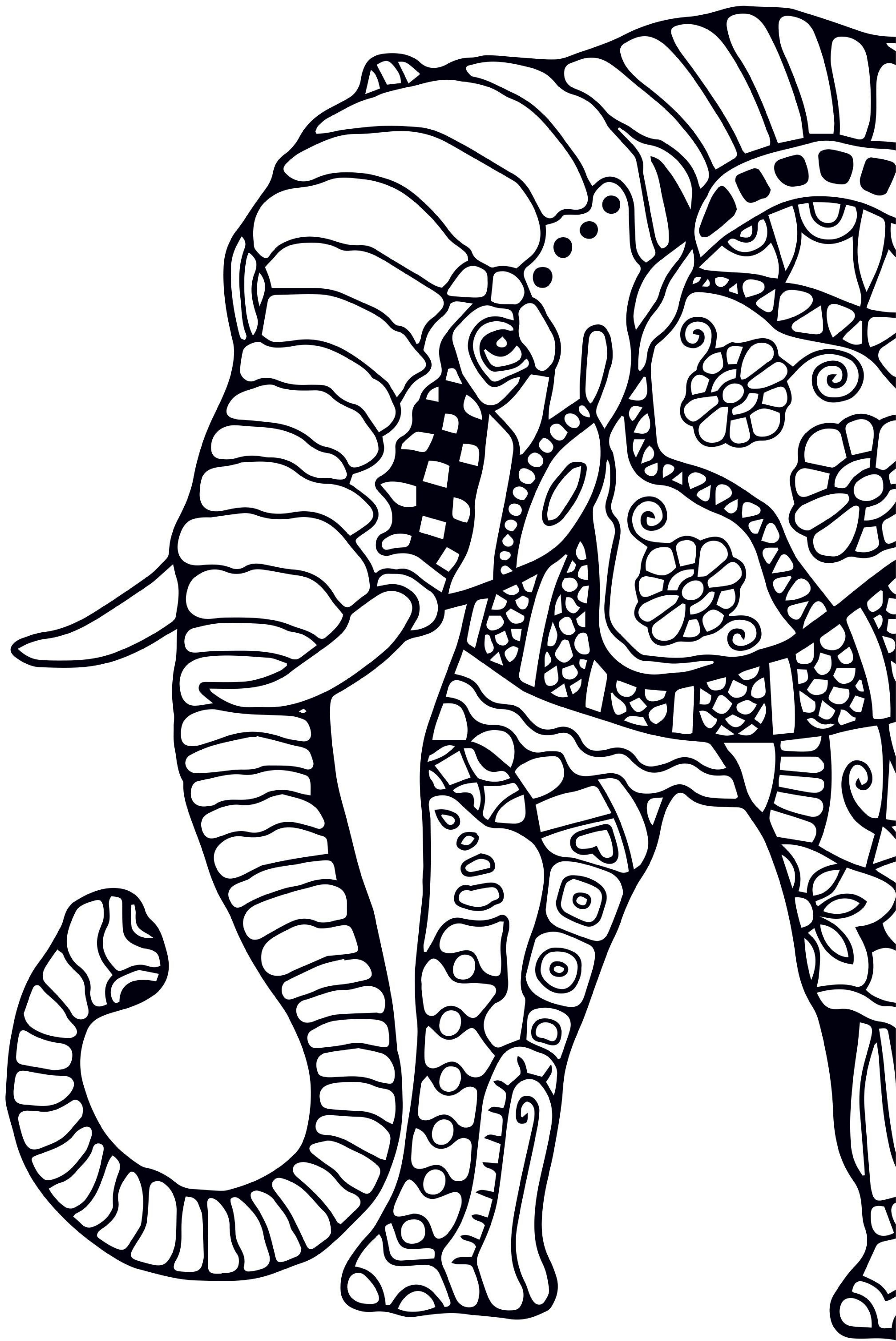


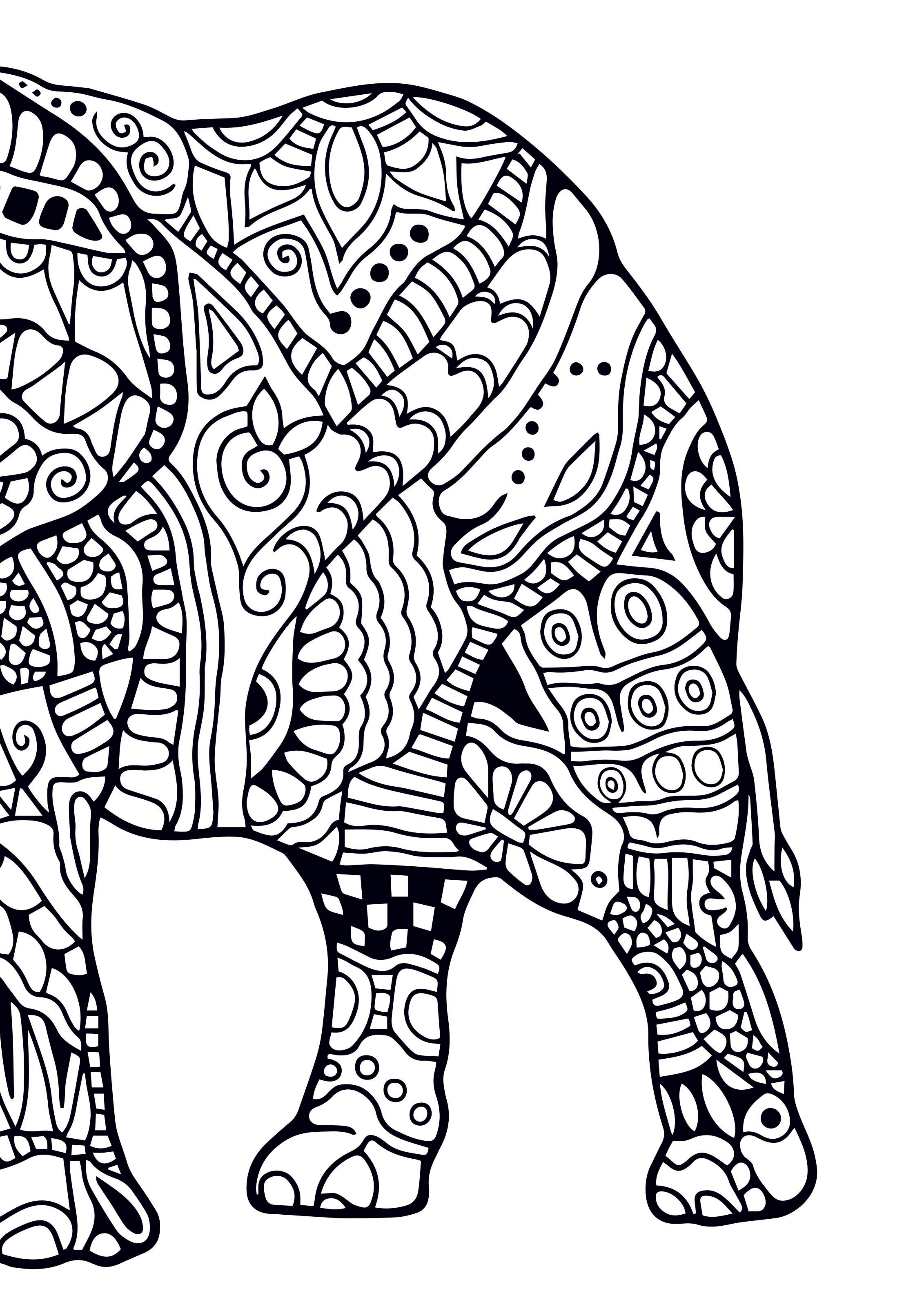


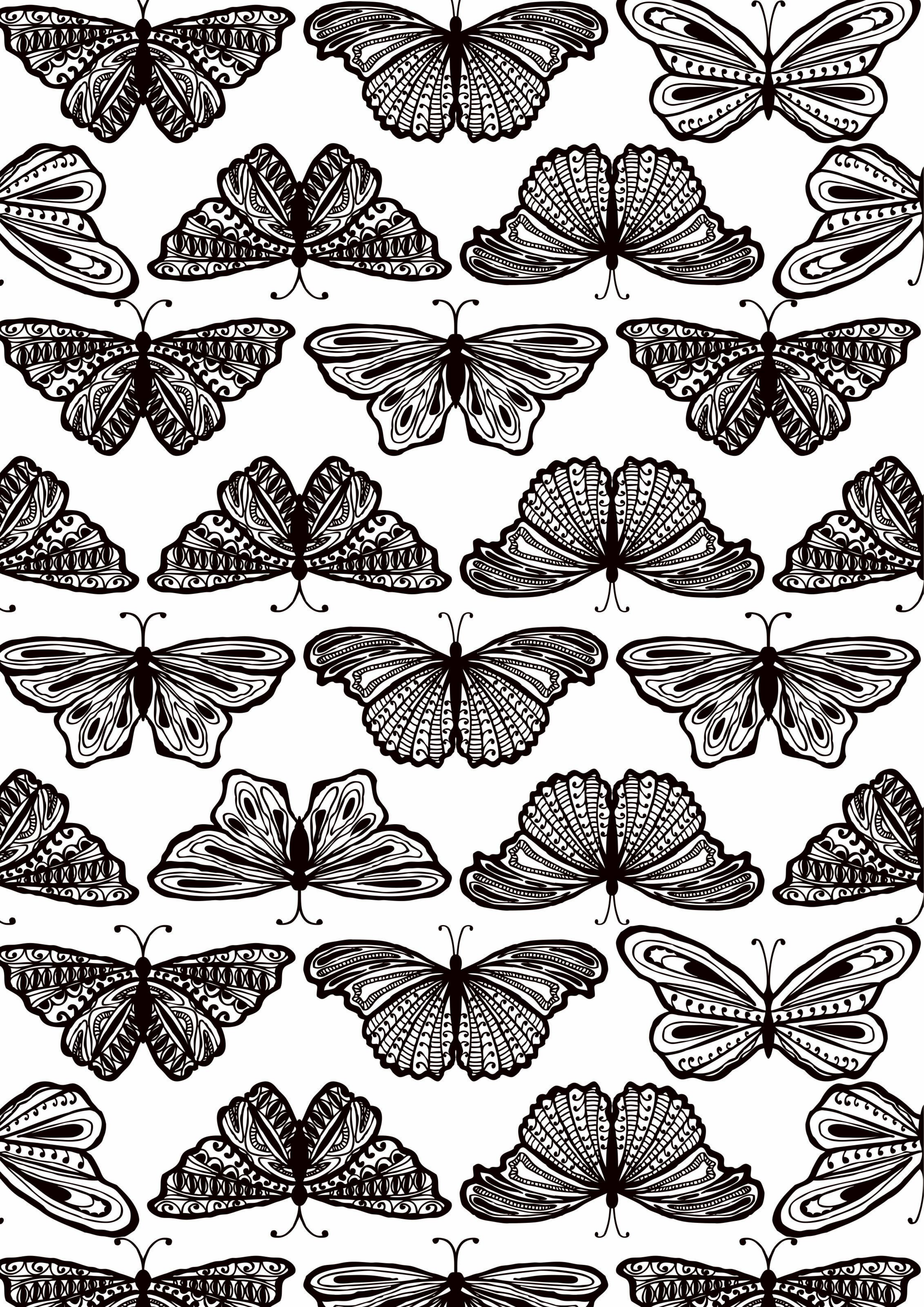




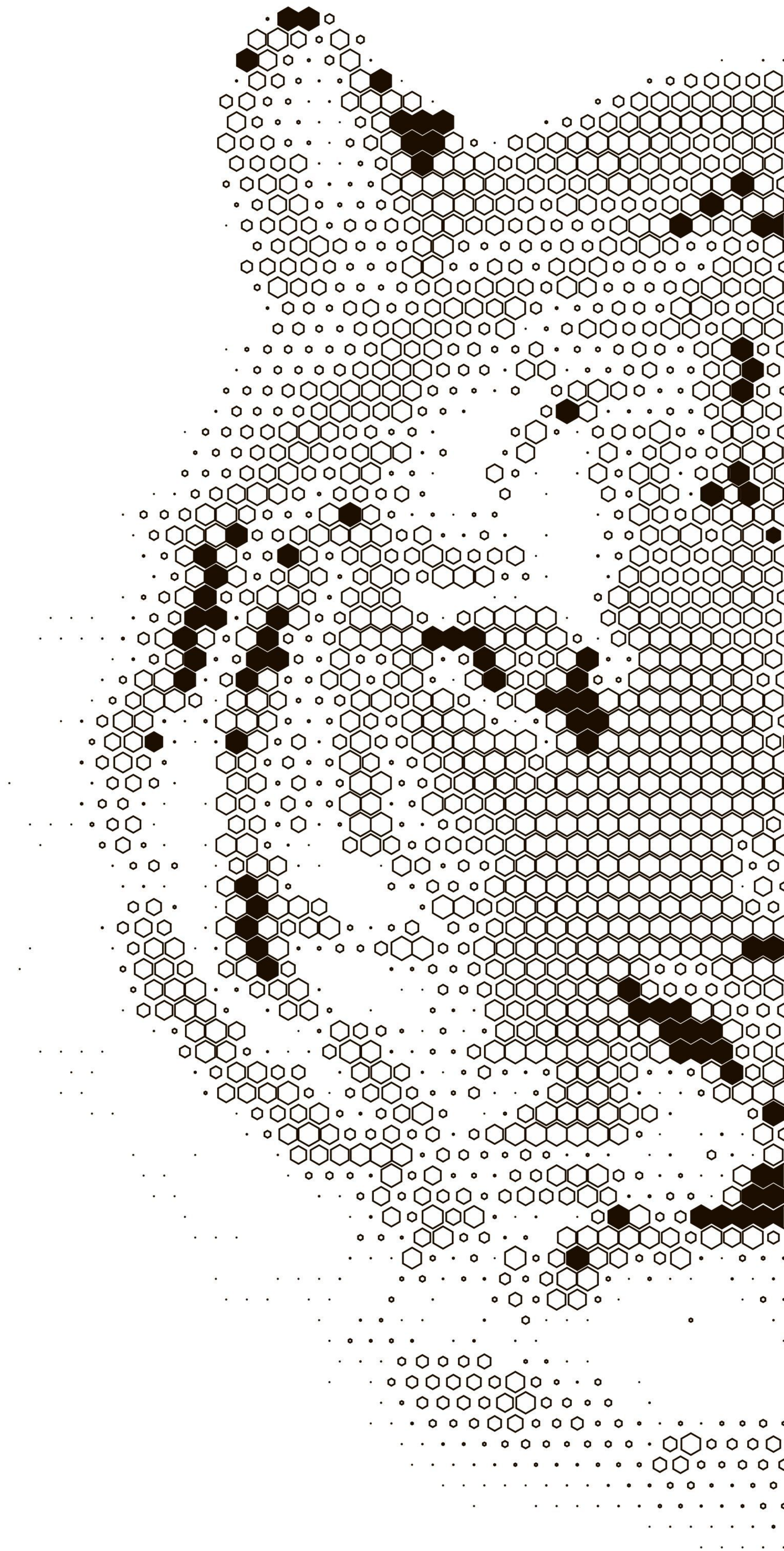


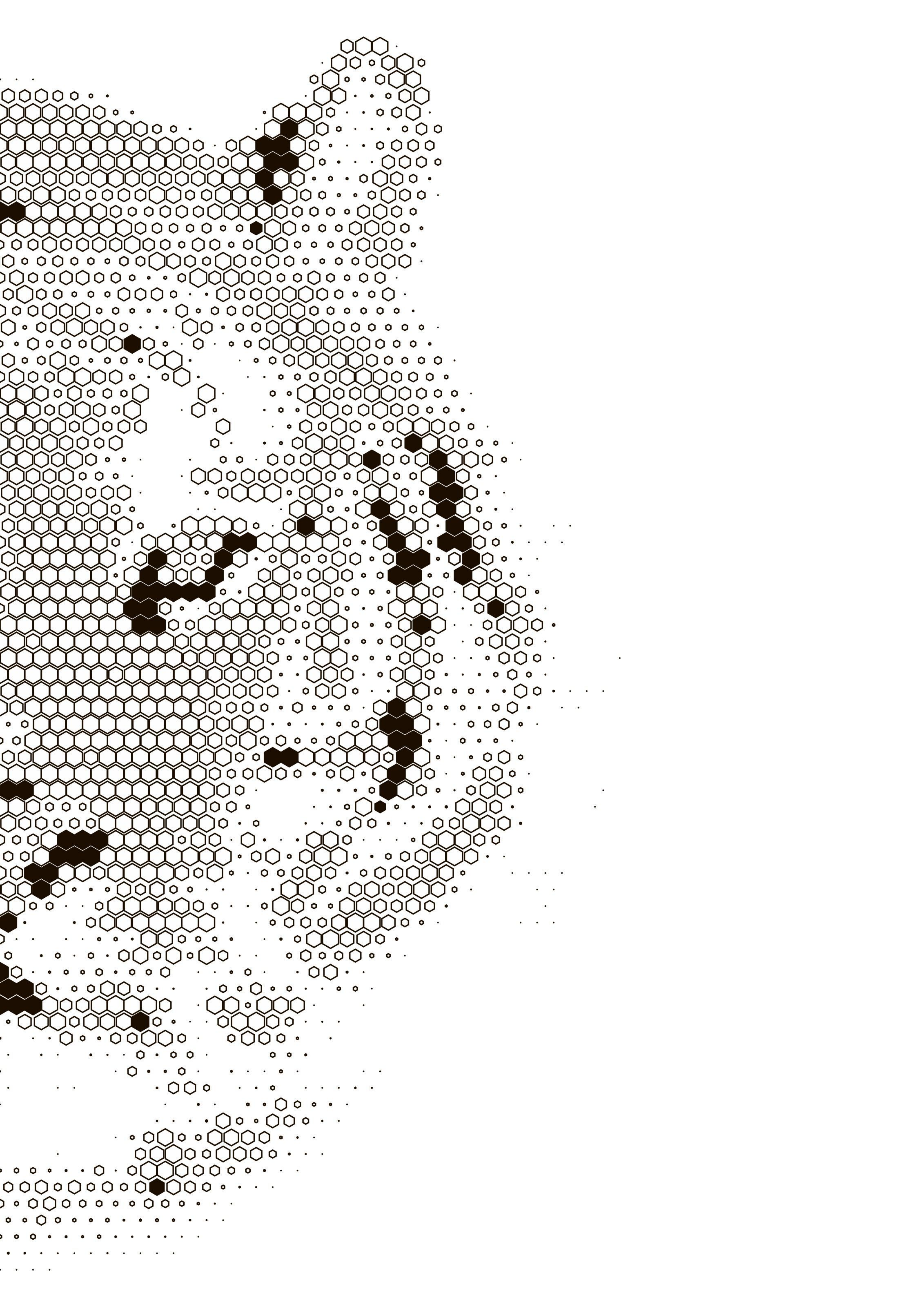








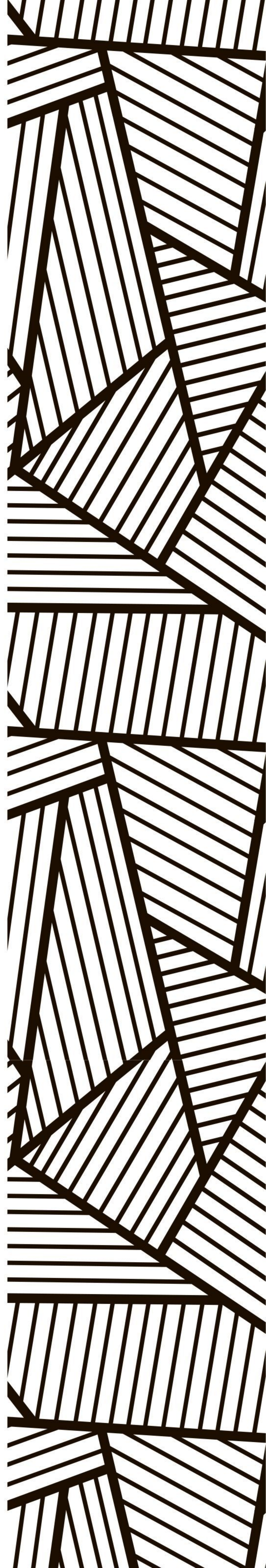


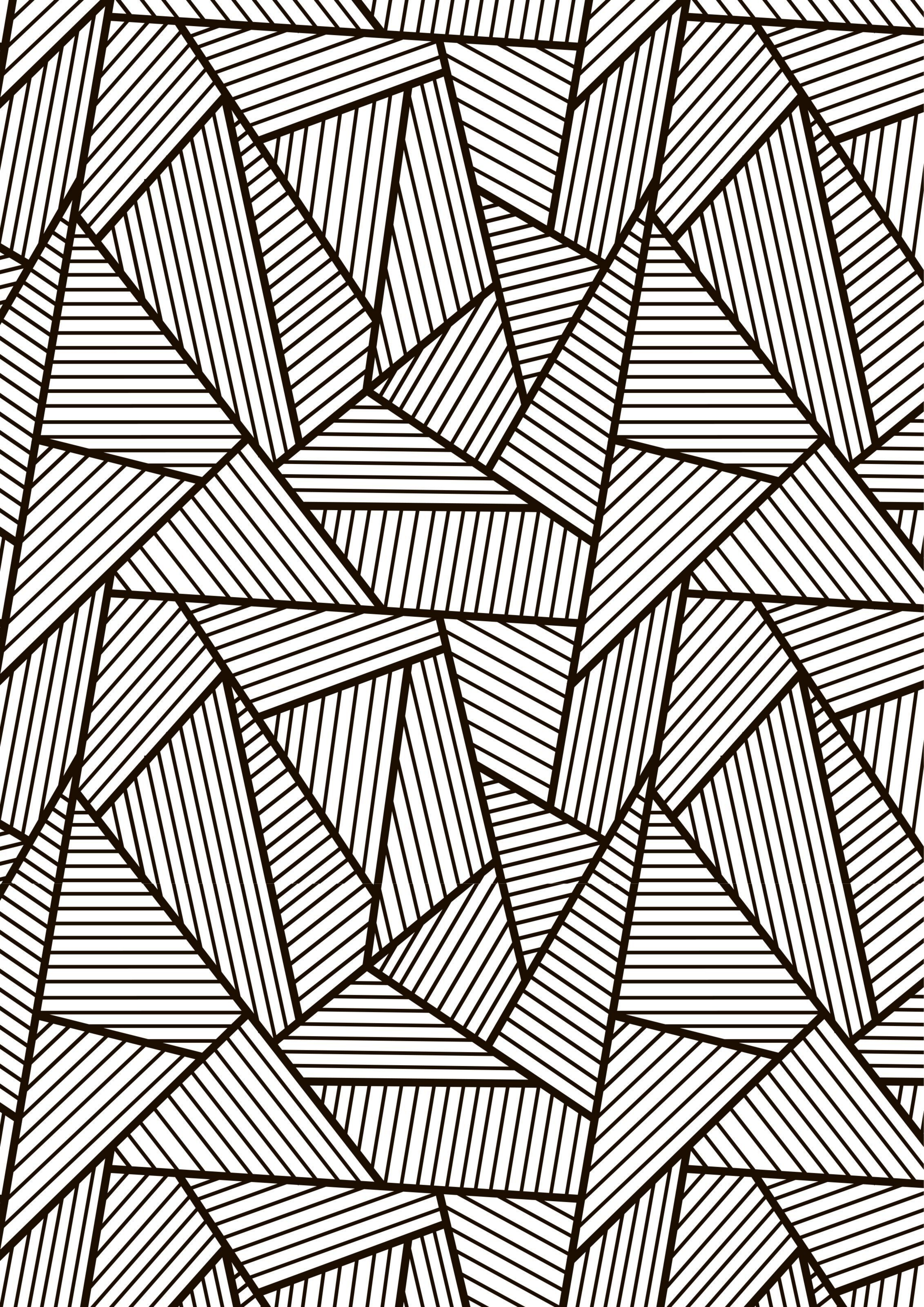


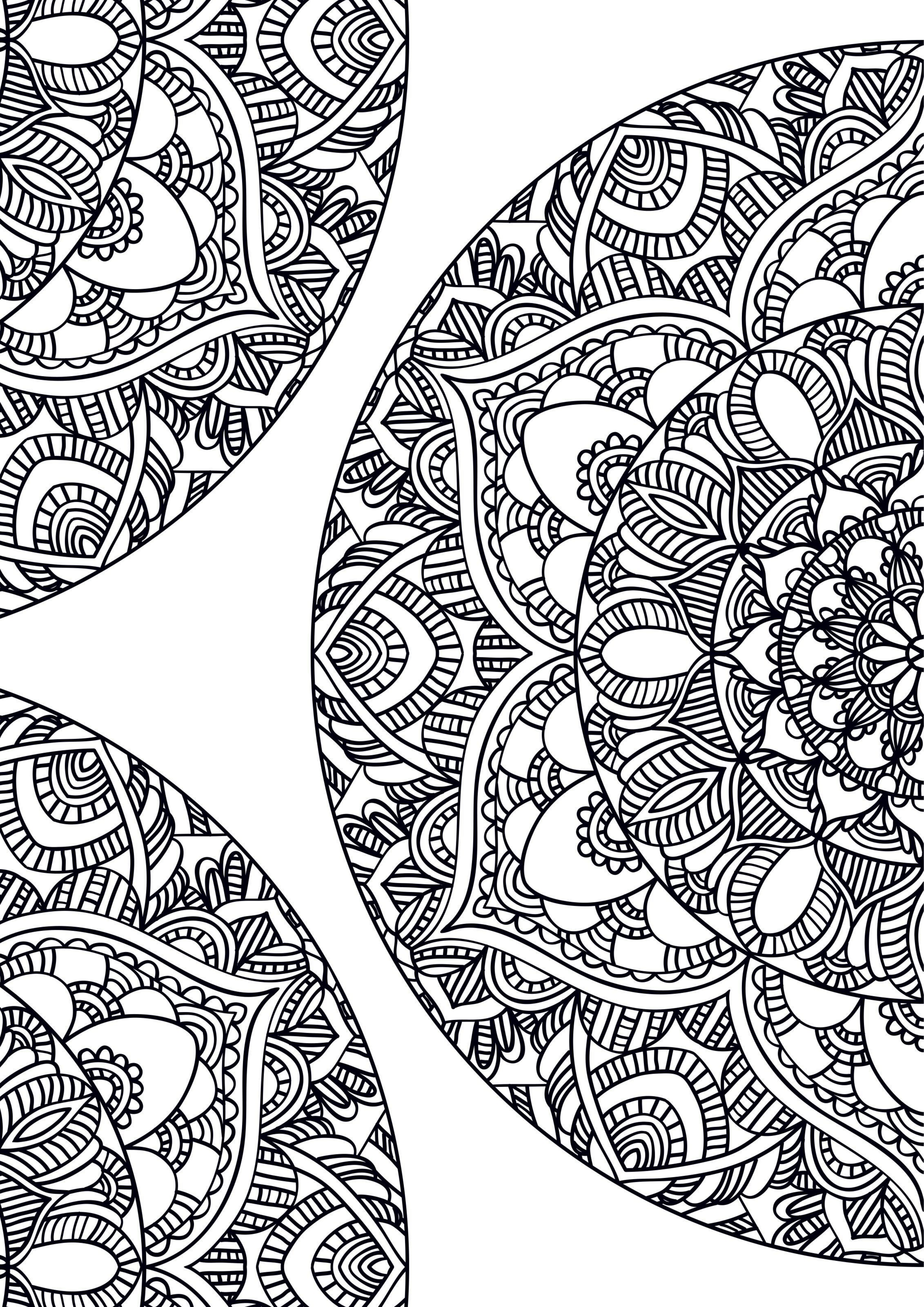
CHAPTER 02

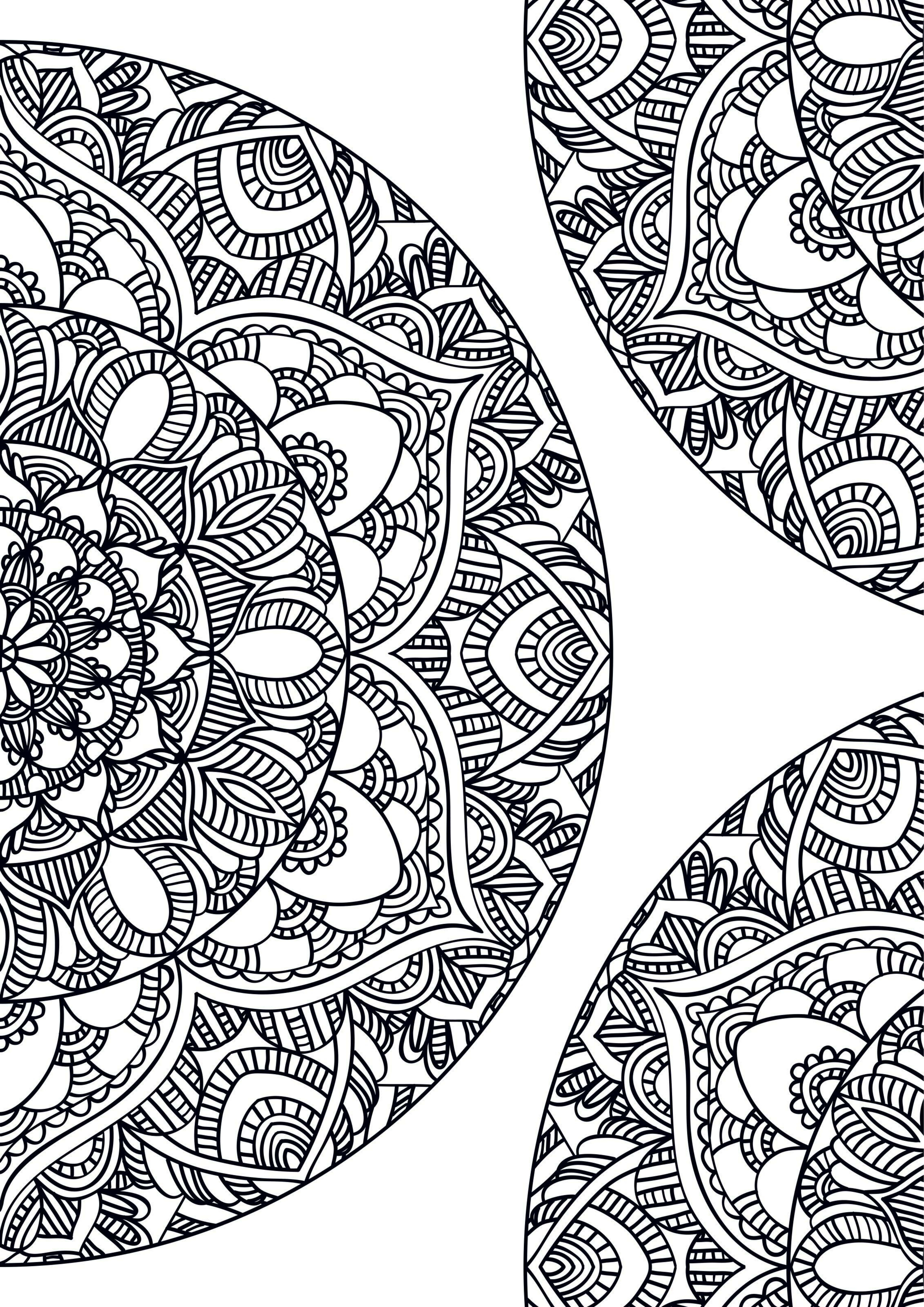
Patterns

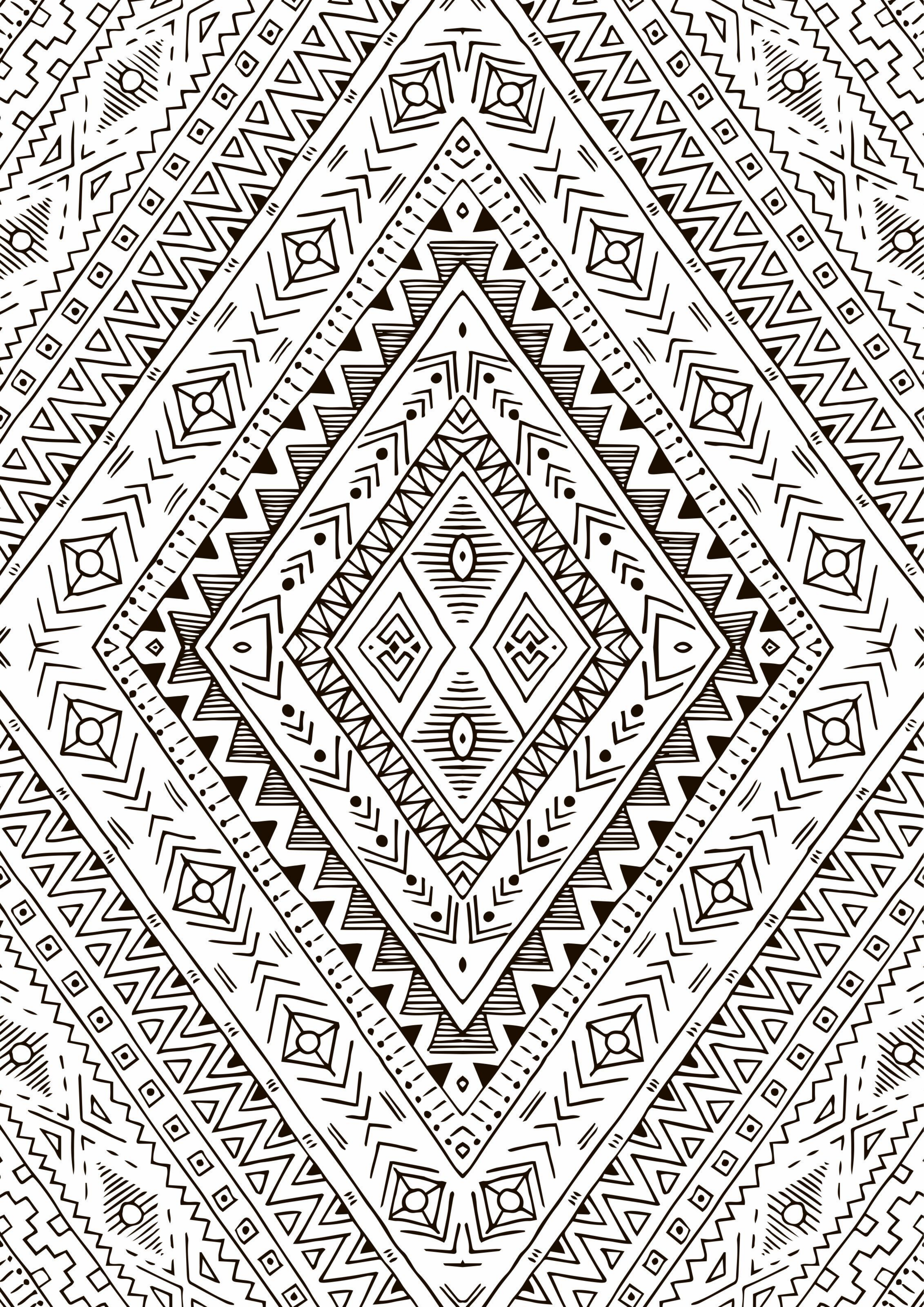
Geometric shapes are extremely absorbing, so lose yourself as the patterns ebb and flow over this section's pages. You will soon find yourself in a meditative state, and as each shape draws you in tune out of your physical environment, and enjoy focusing on the patterns and your colours.









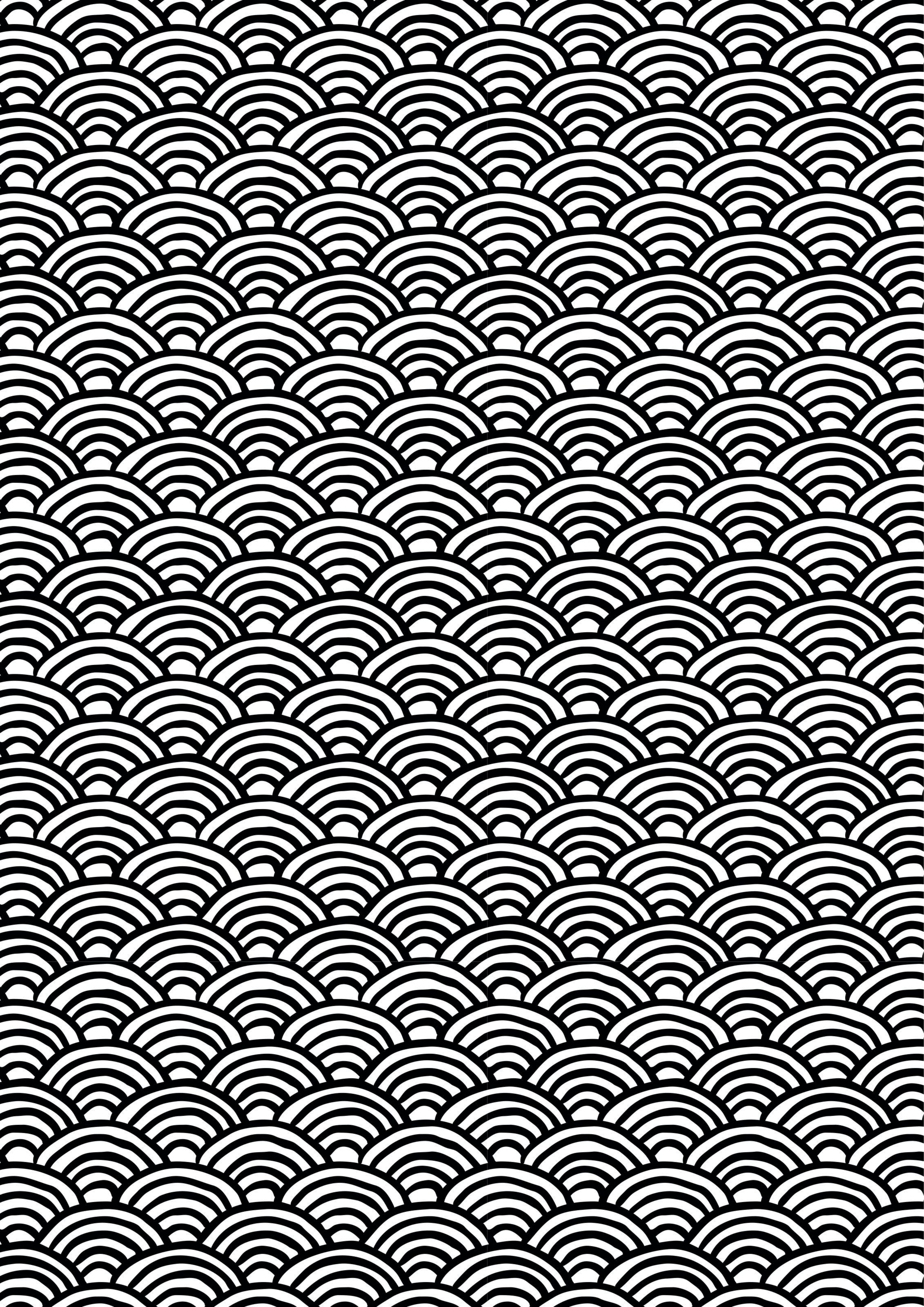


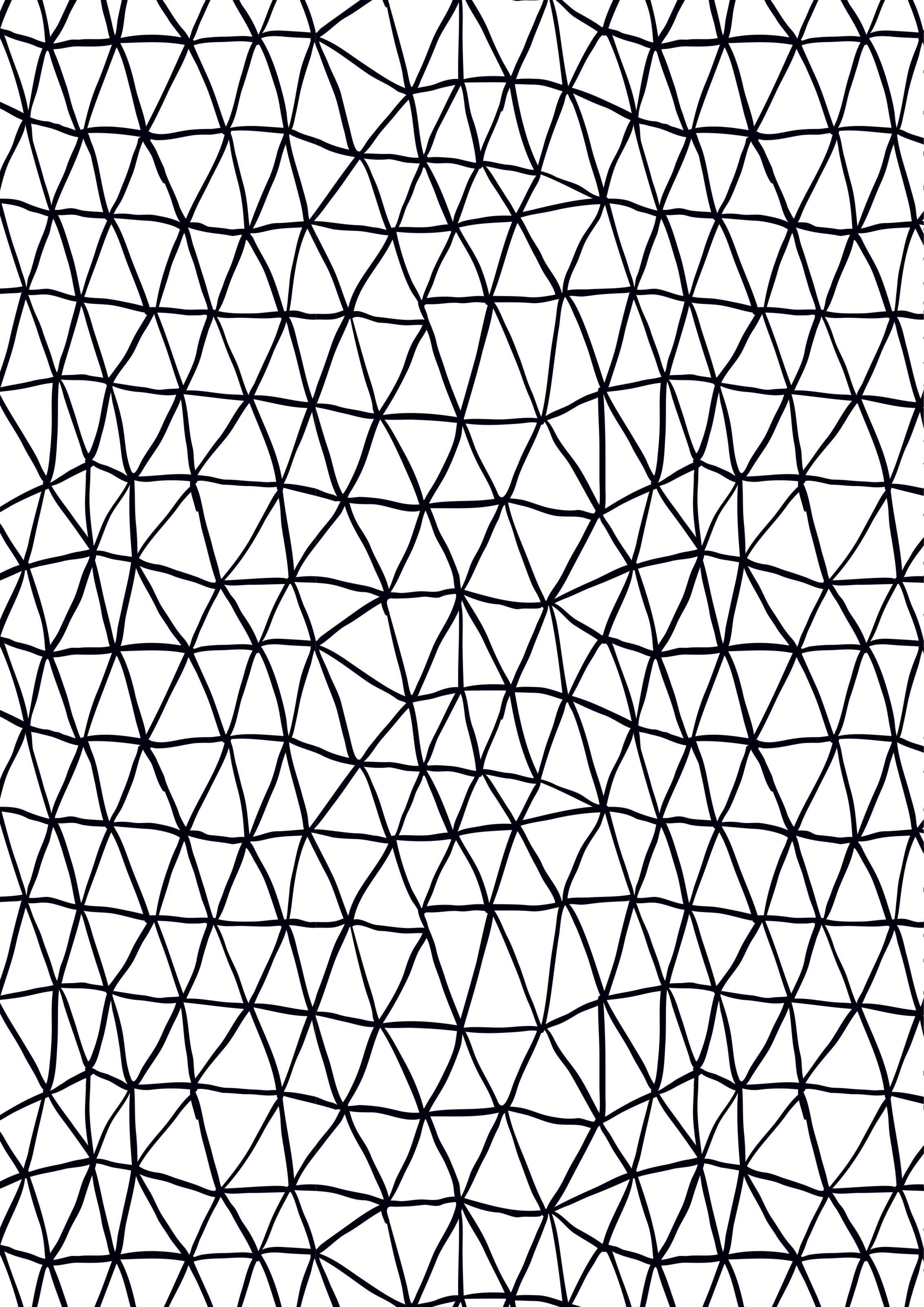


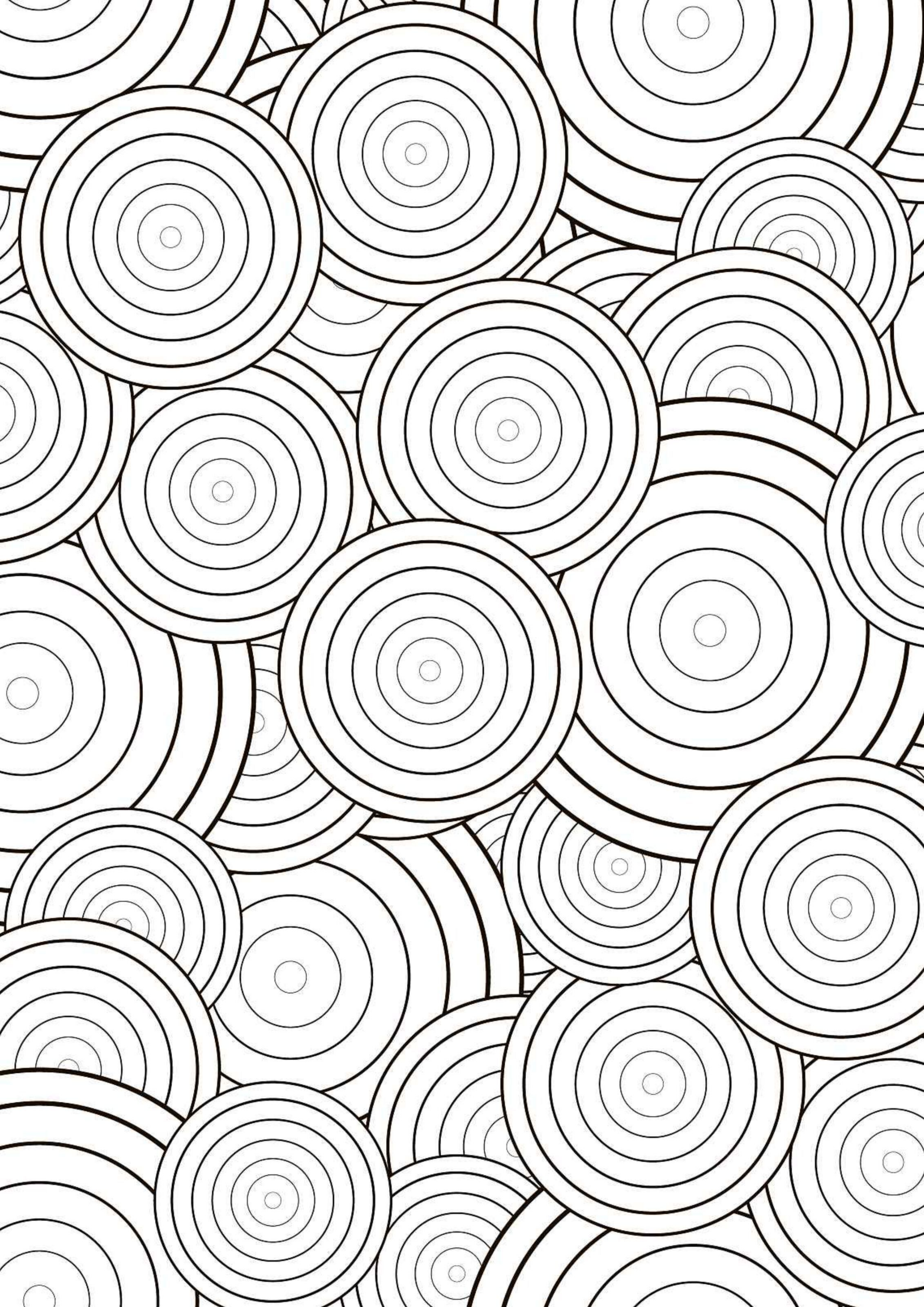


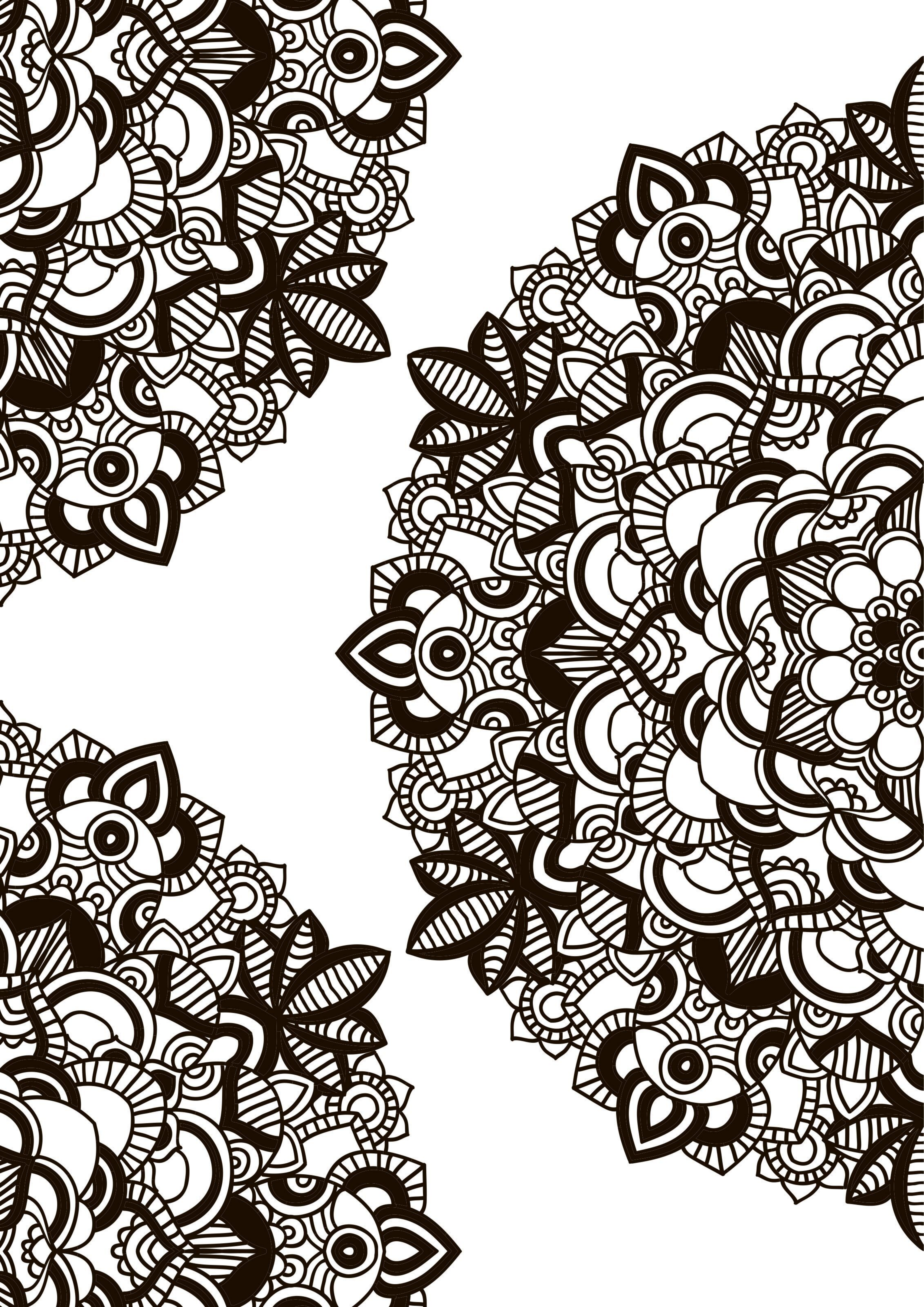






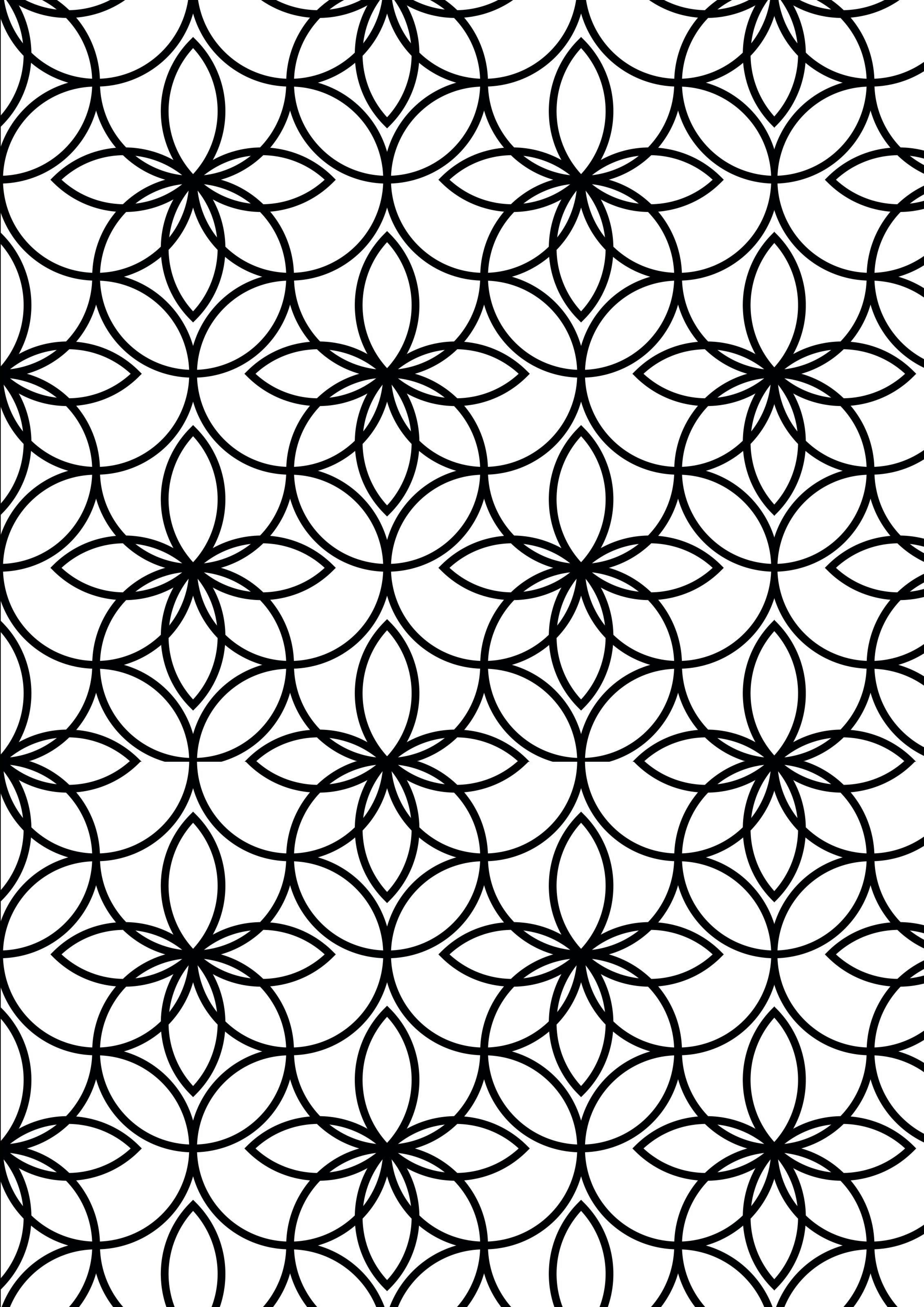


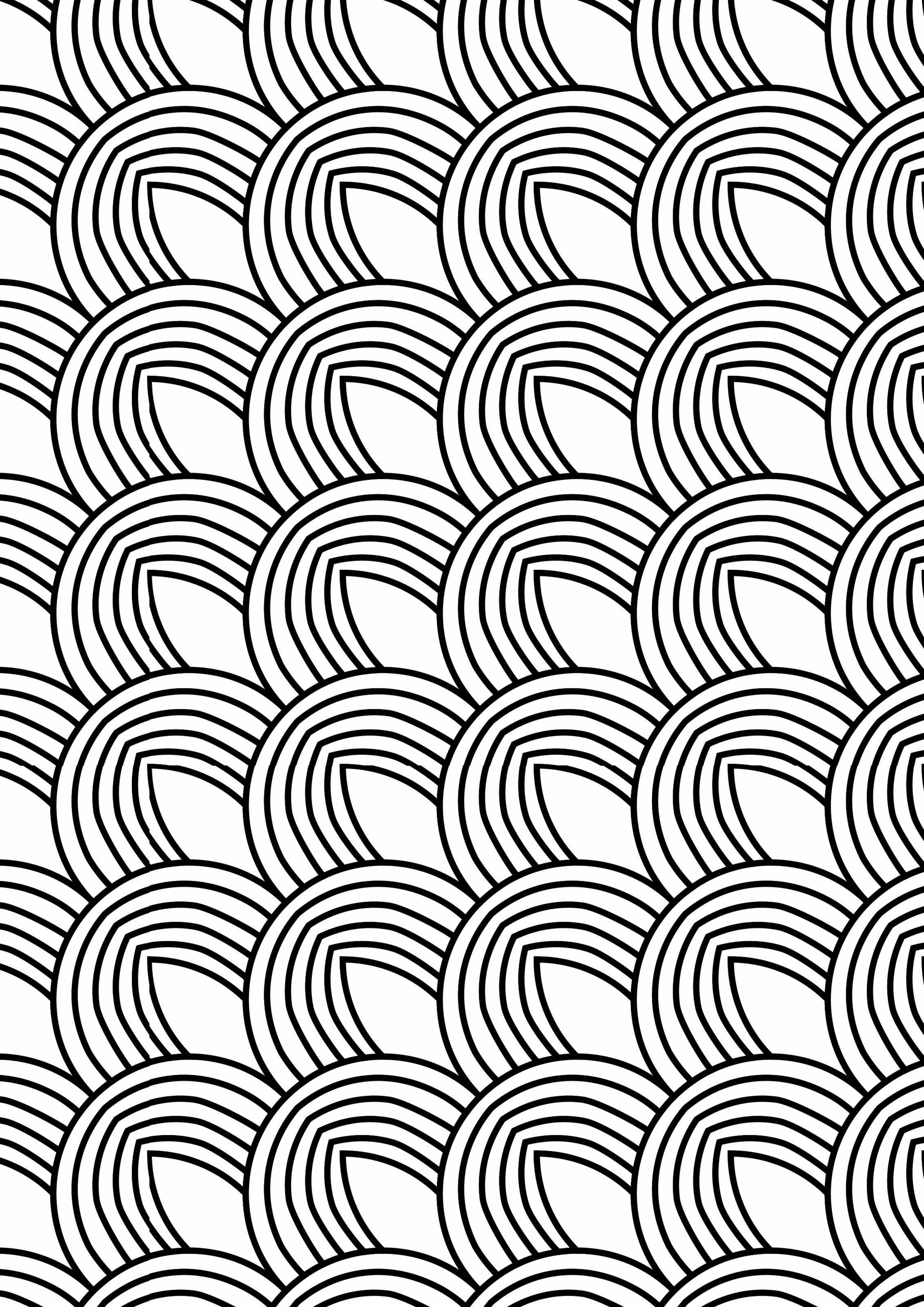


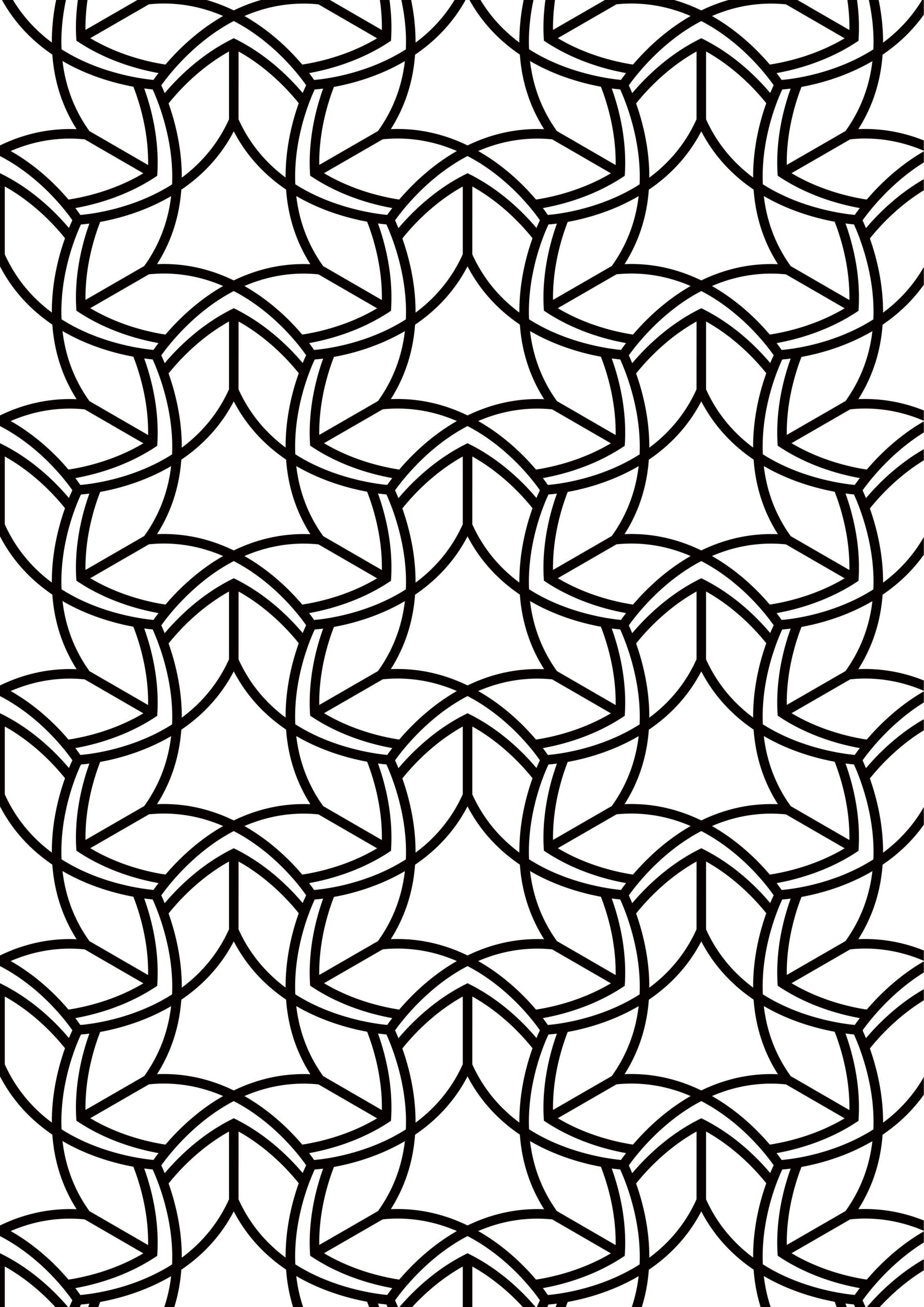


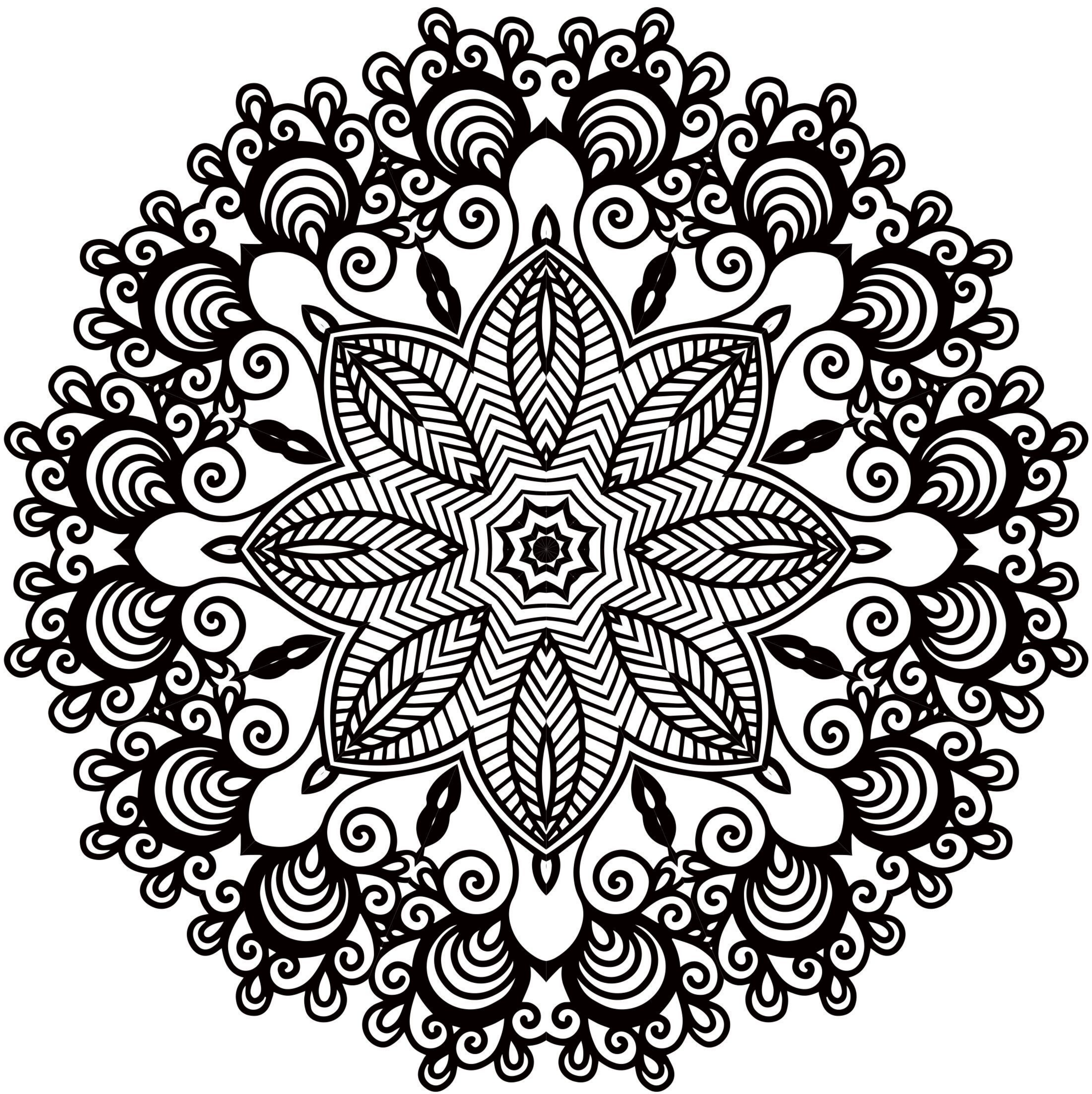


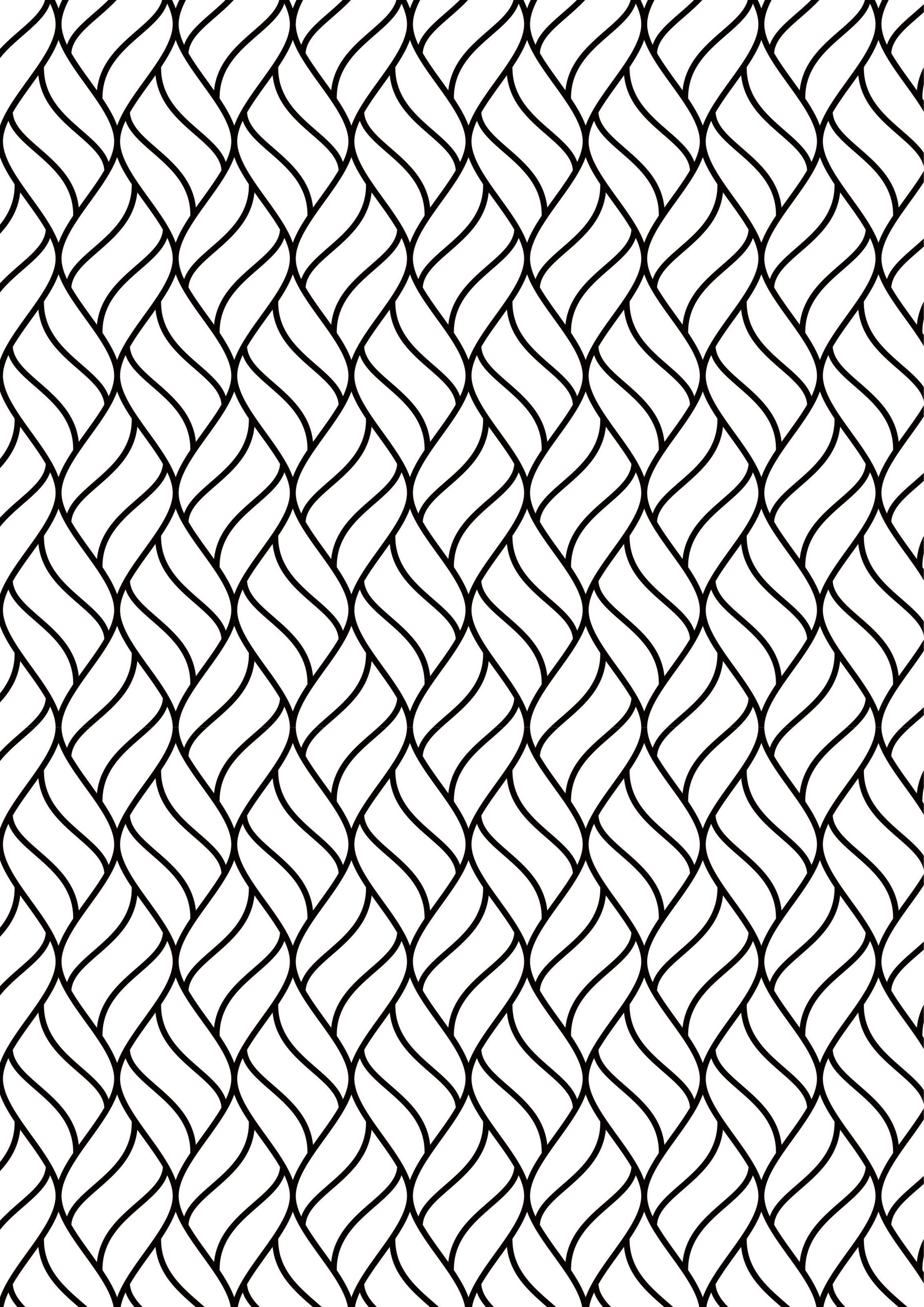


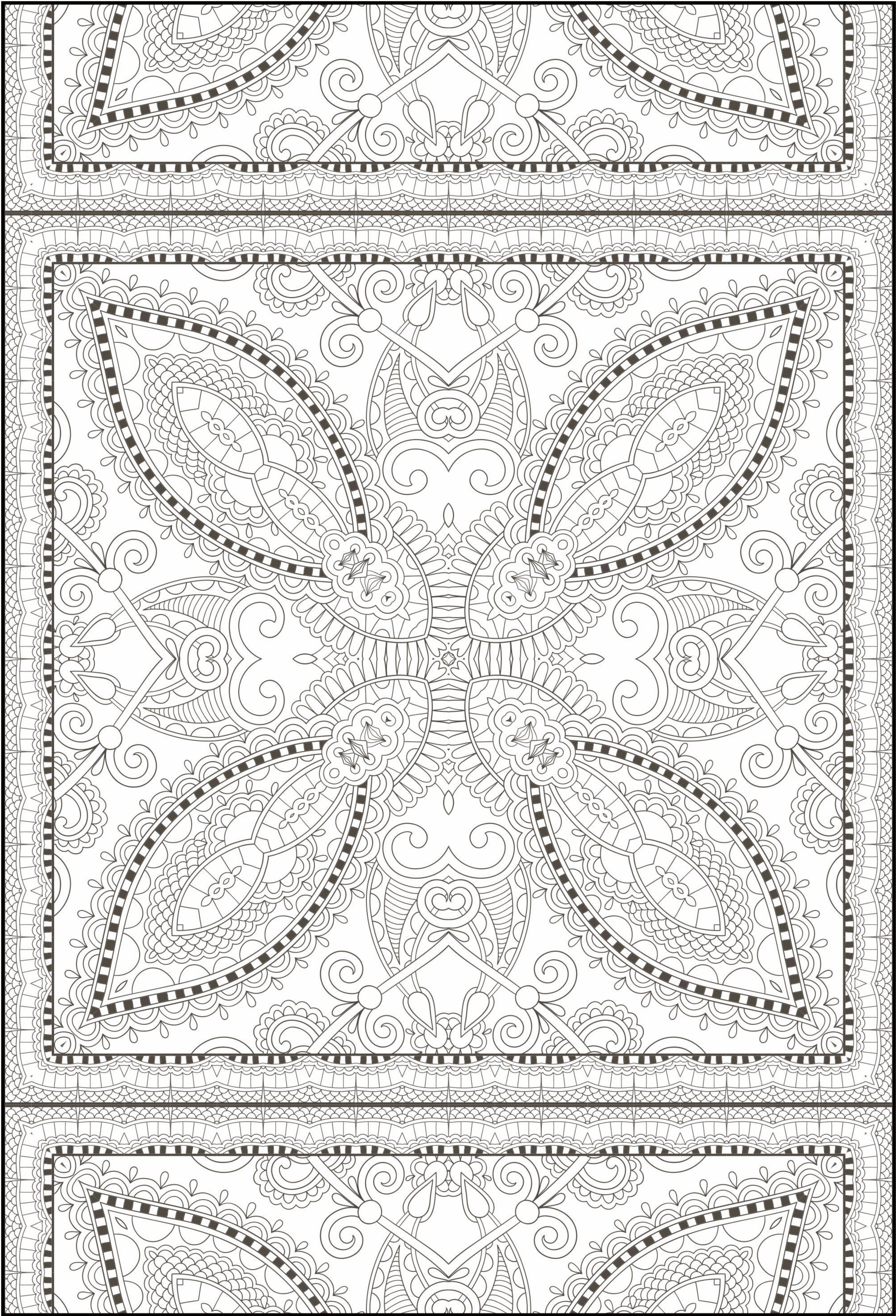


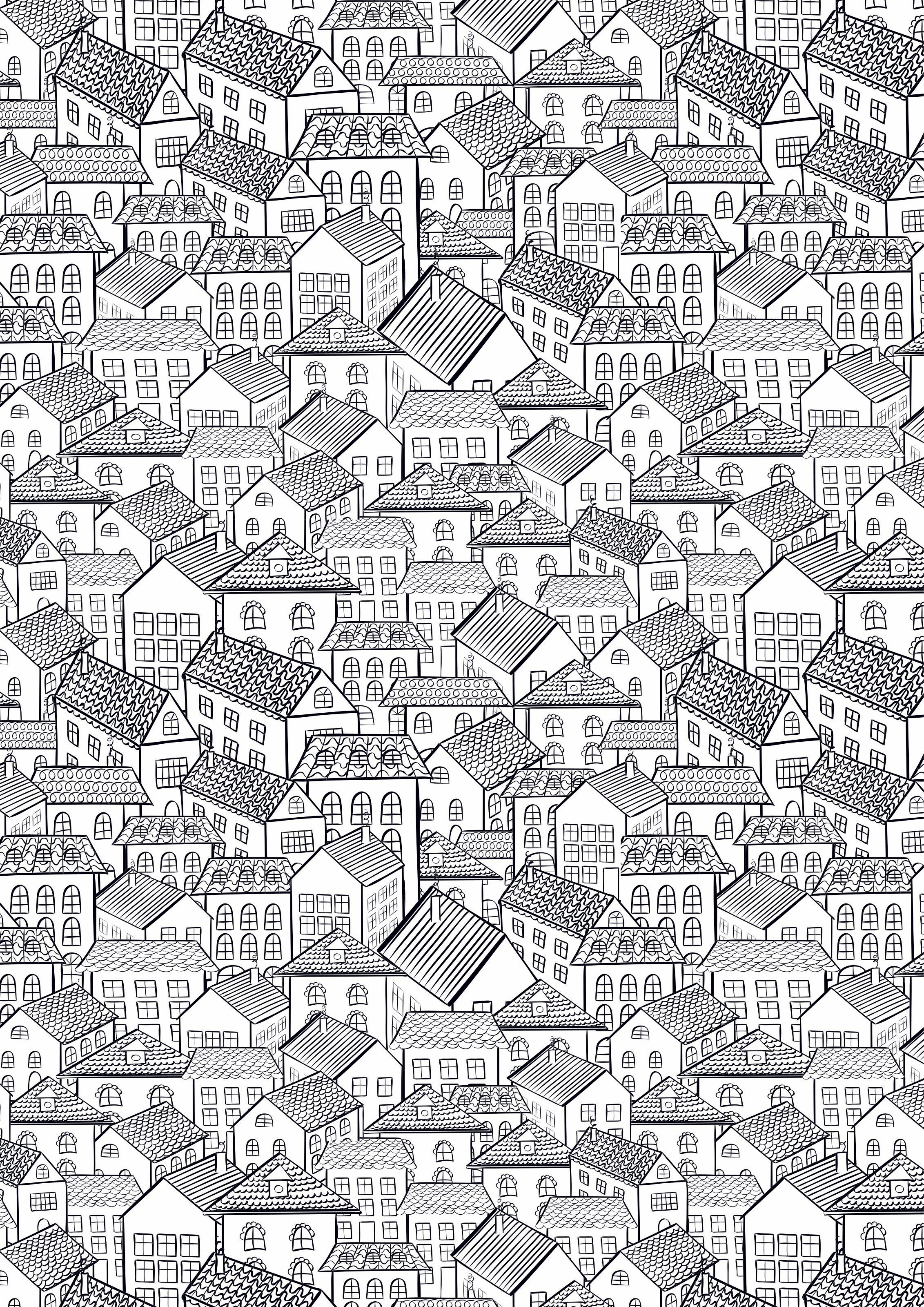


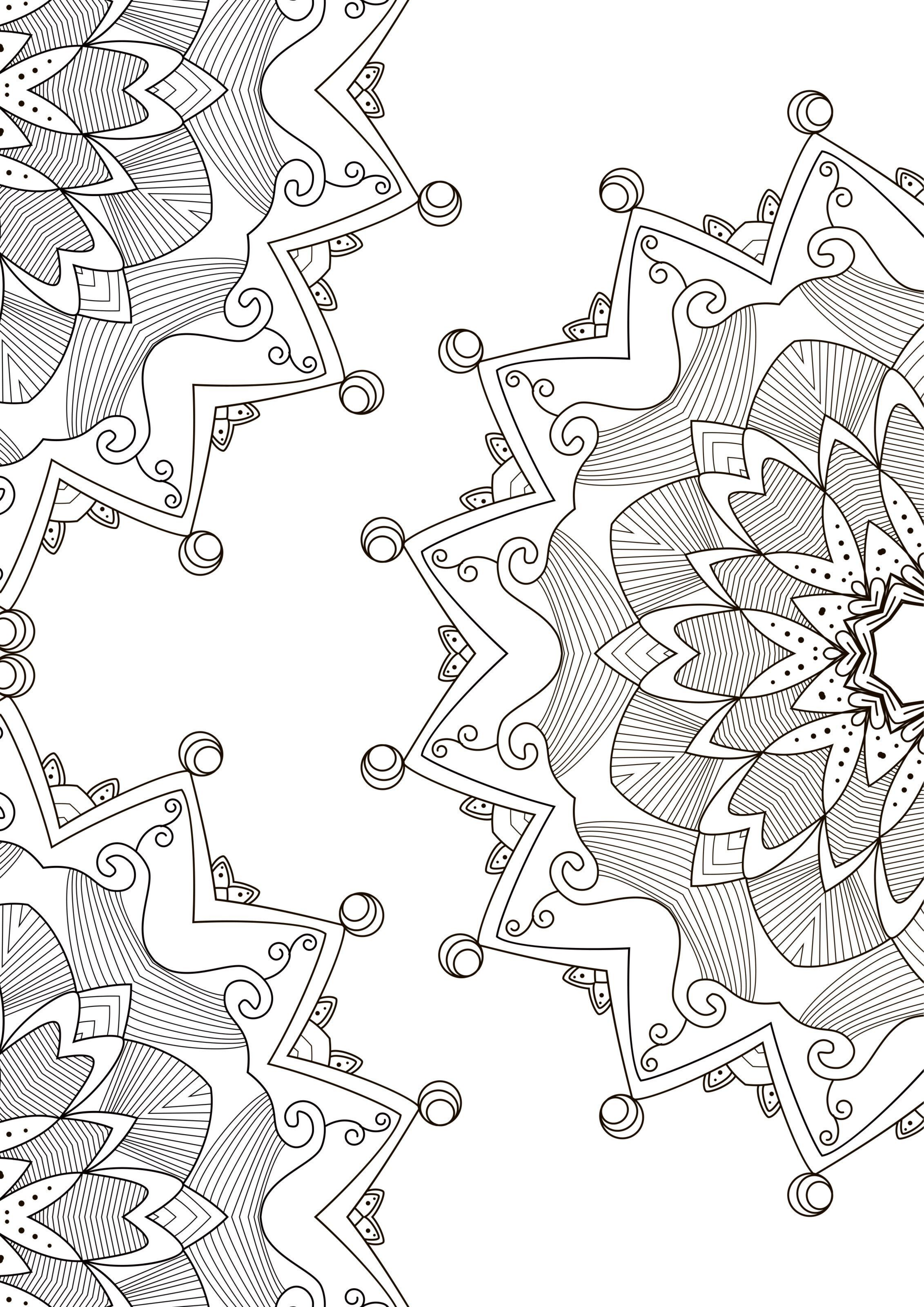


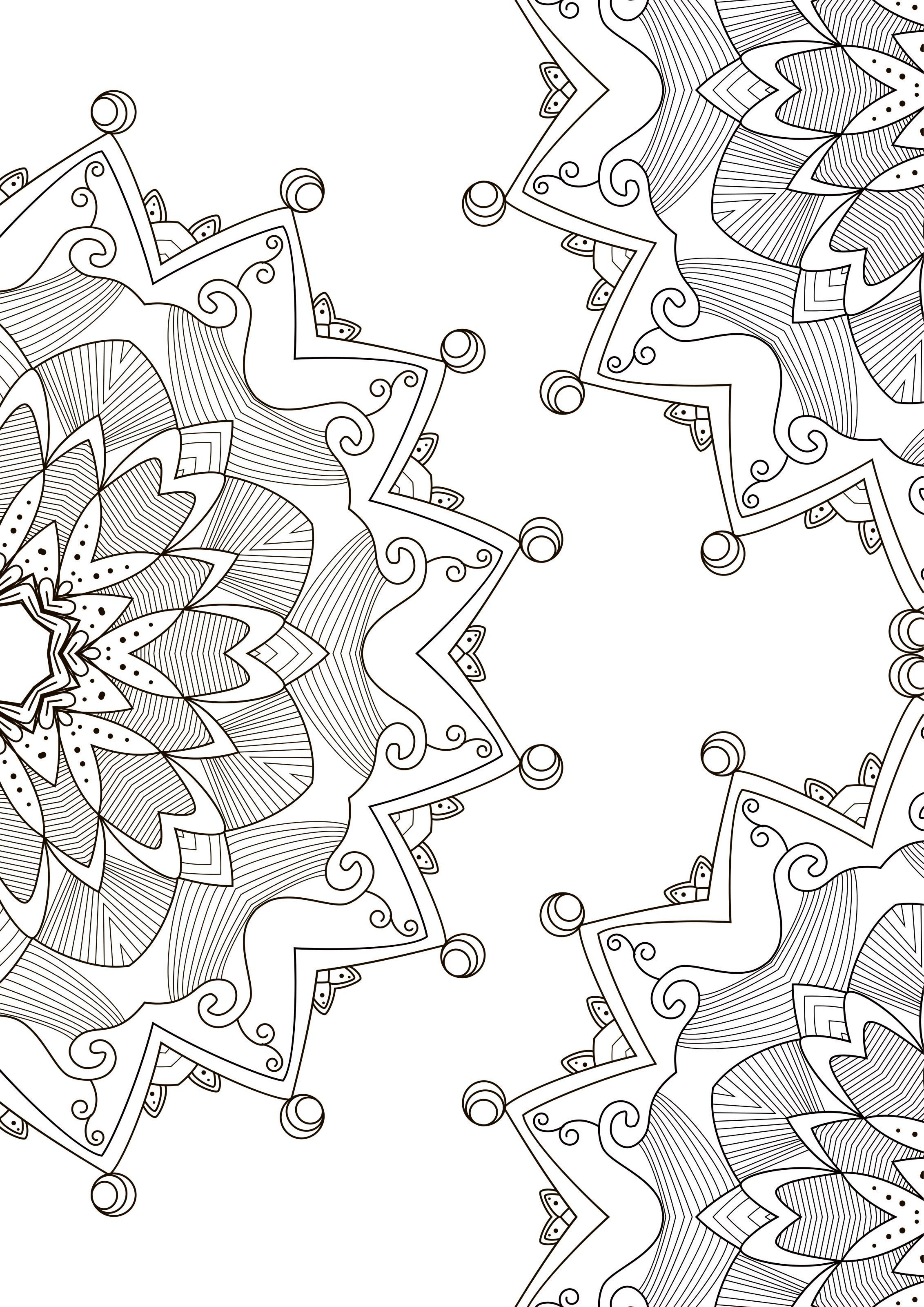








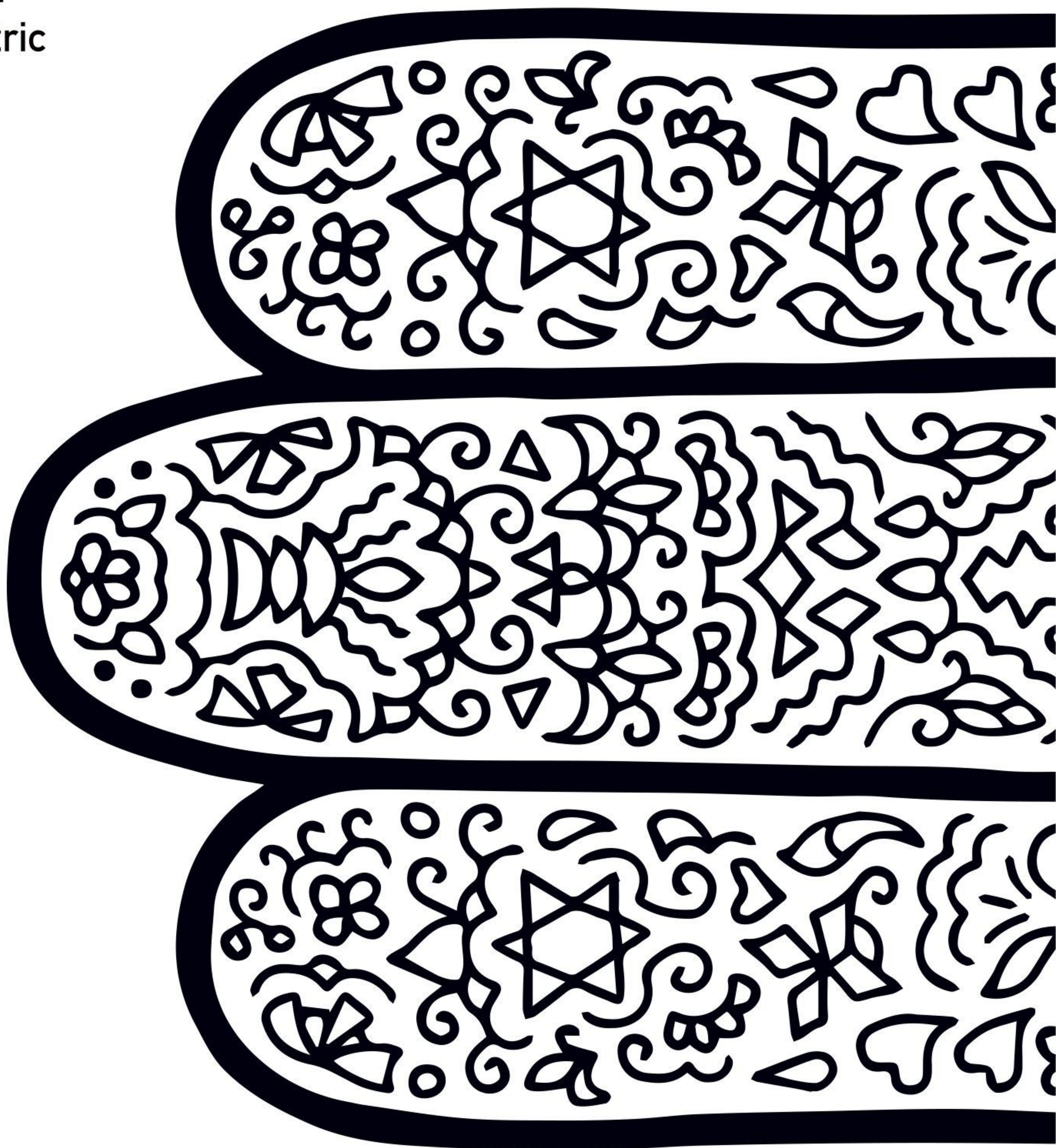




CHAPTER 03

Spiritual

The spiritual world surrounds us and empowers at all times. We often feed off its energy, and take inspiration from its presence. Over the following pages you will find a selection of carefully chosen images synonymous with the spiritual world, with symbols such as a wolf, eagle and many geometric patterns all included.



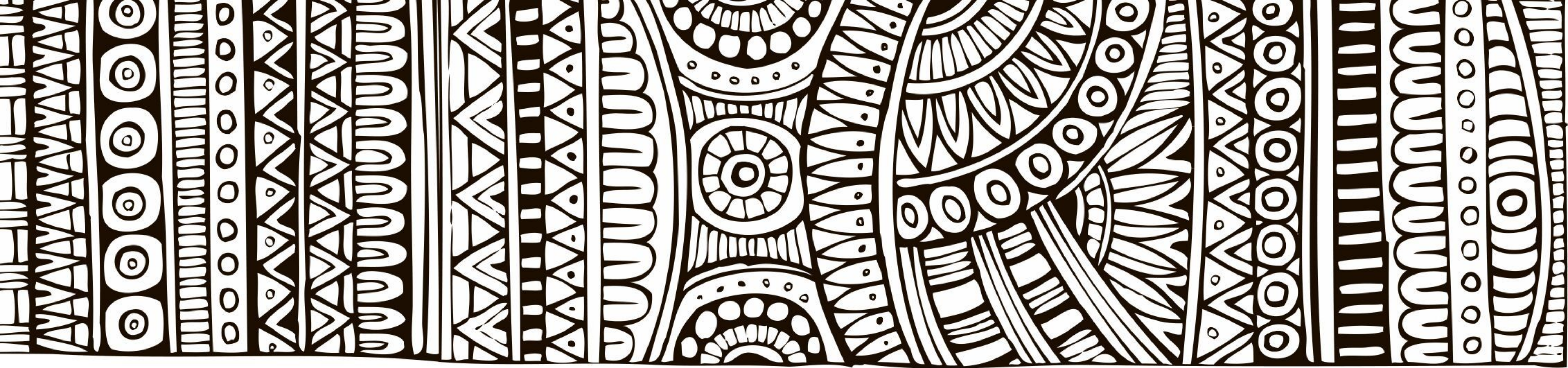


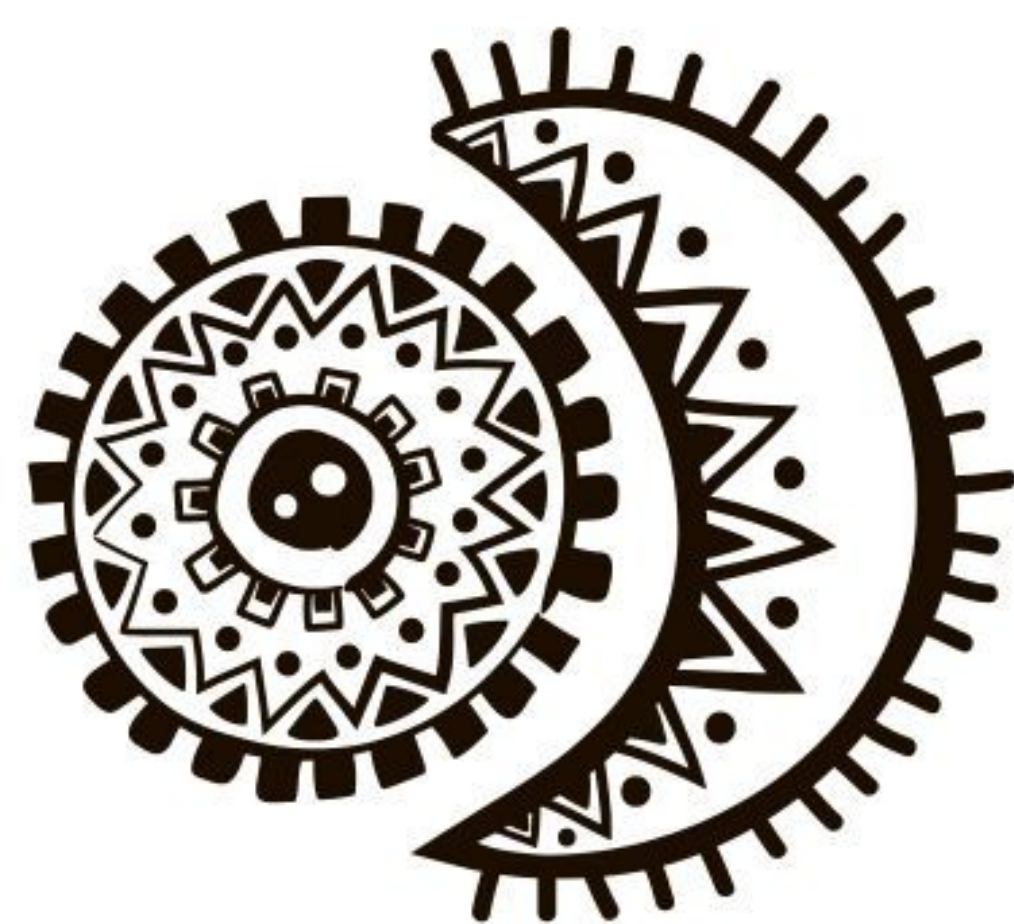
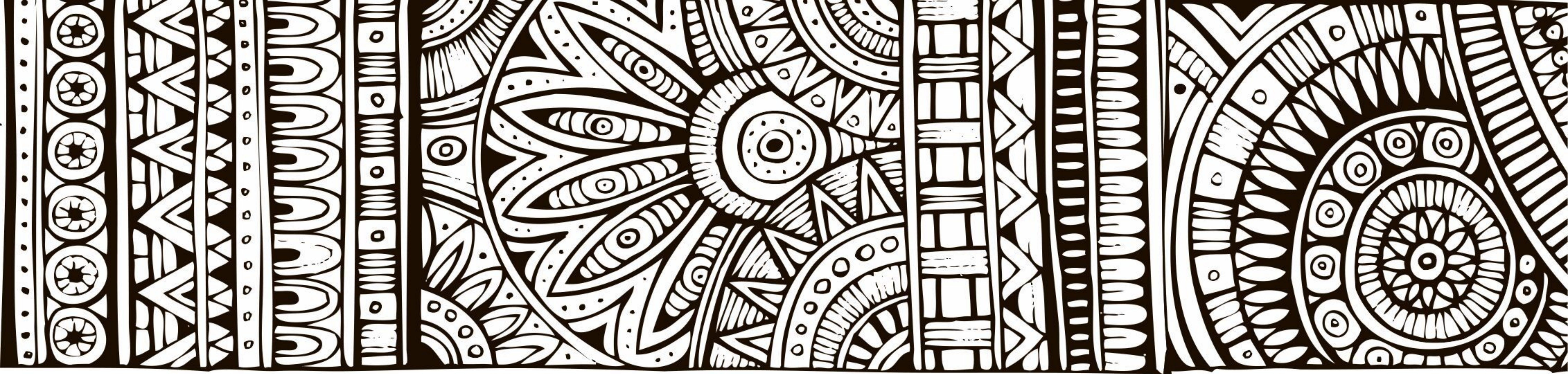
















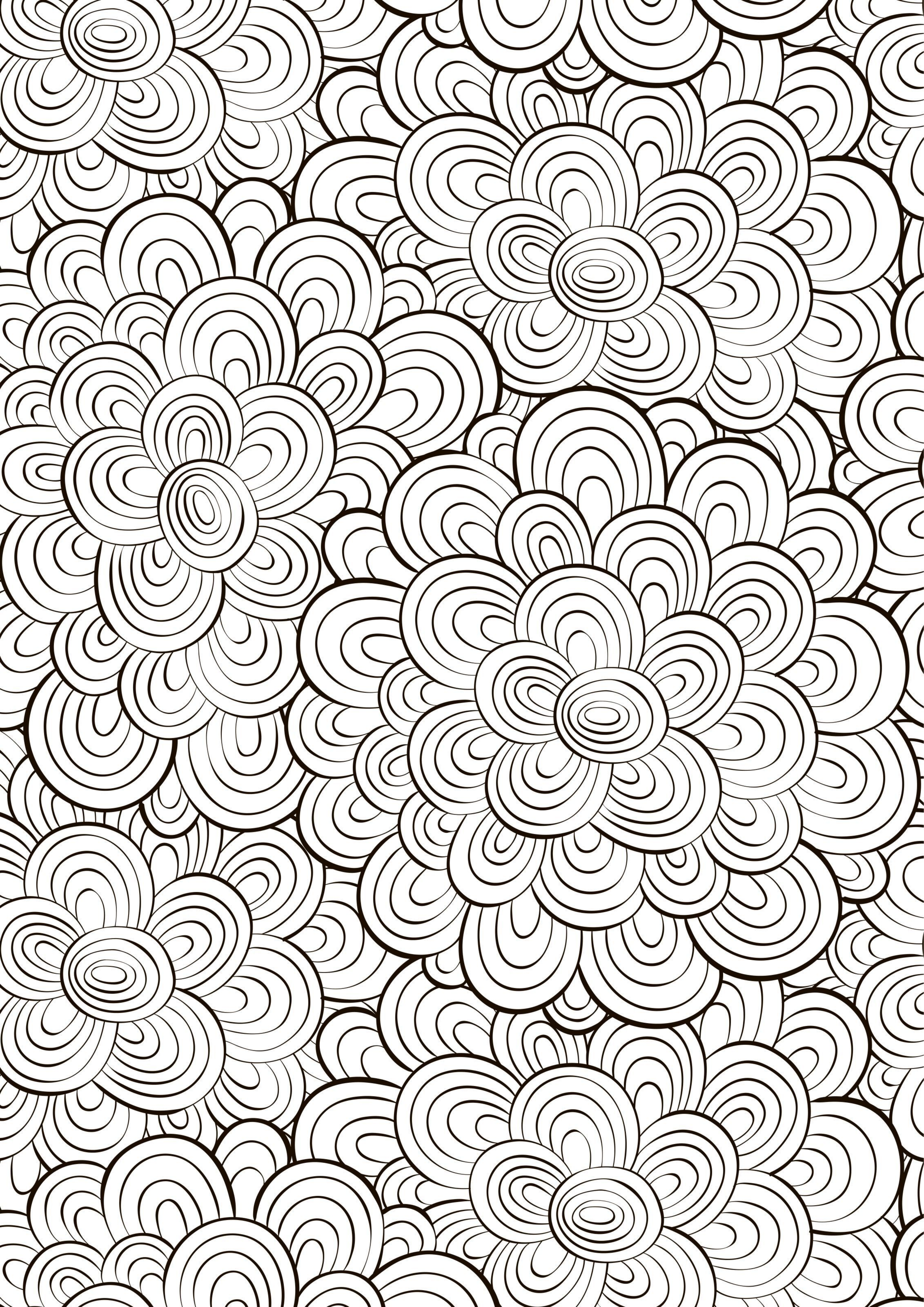
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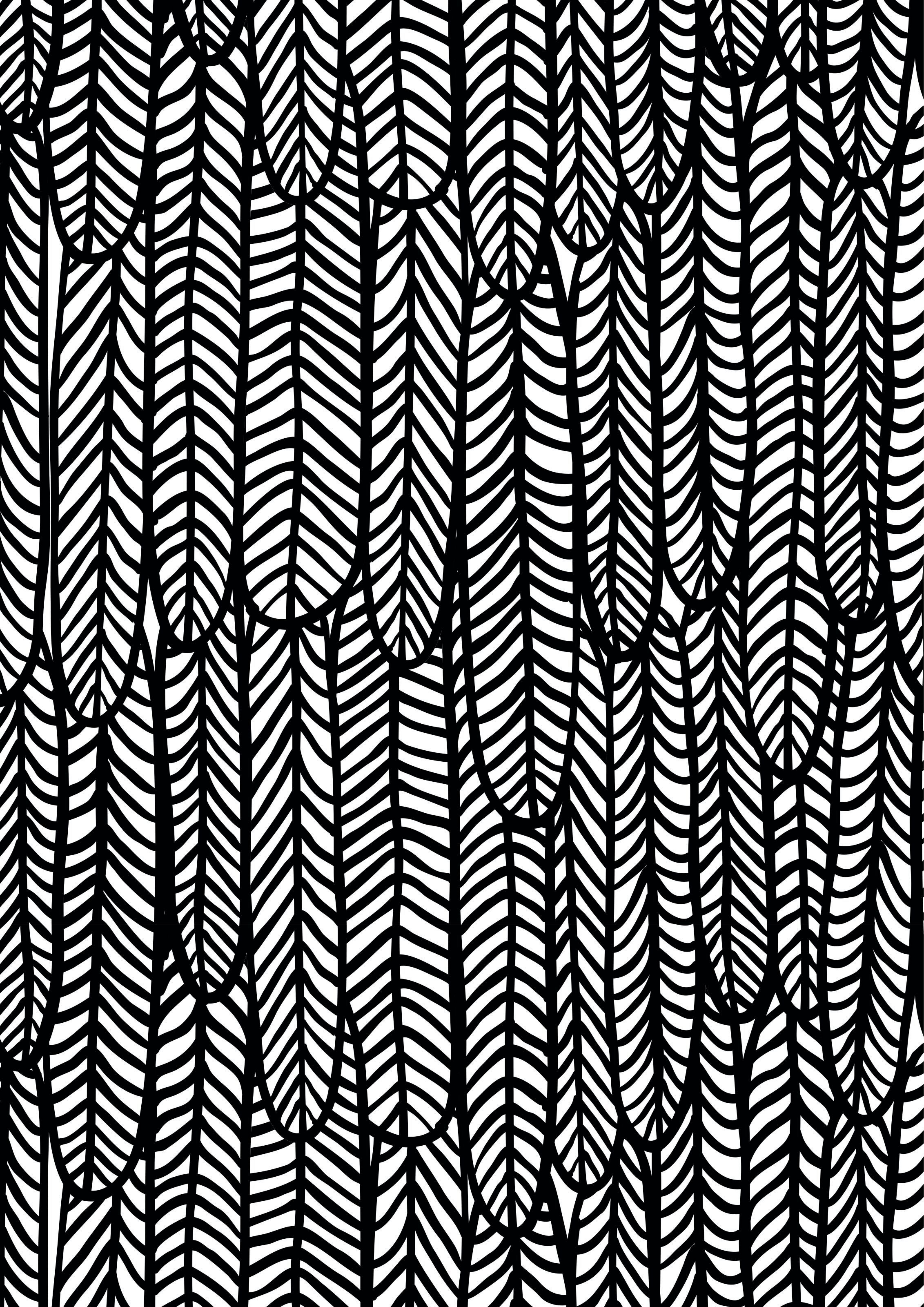
Nature

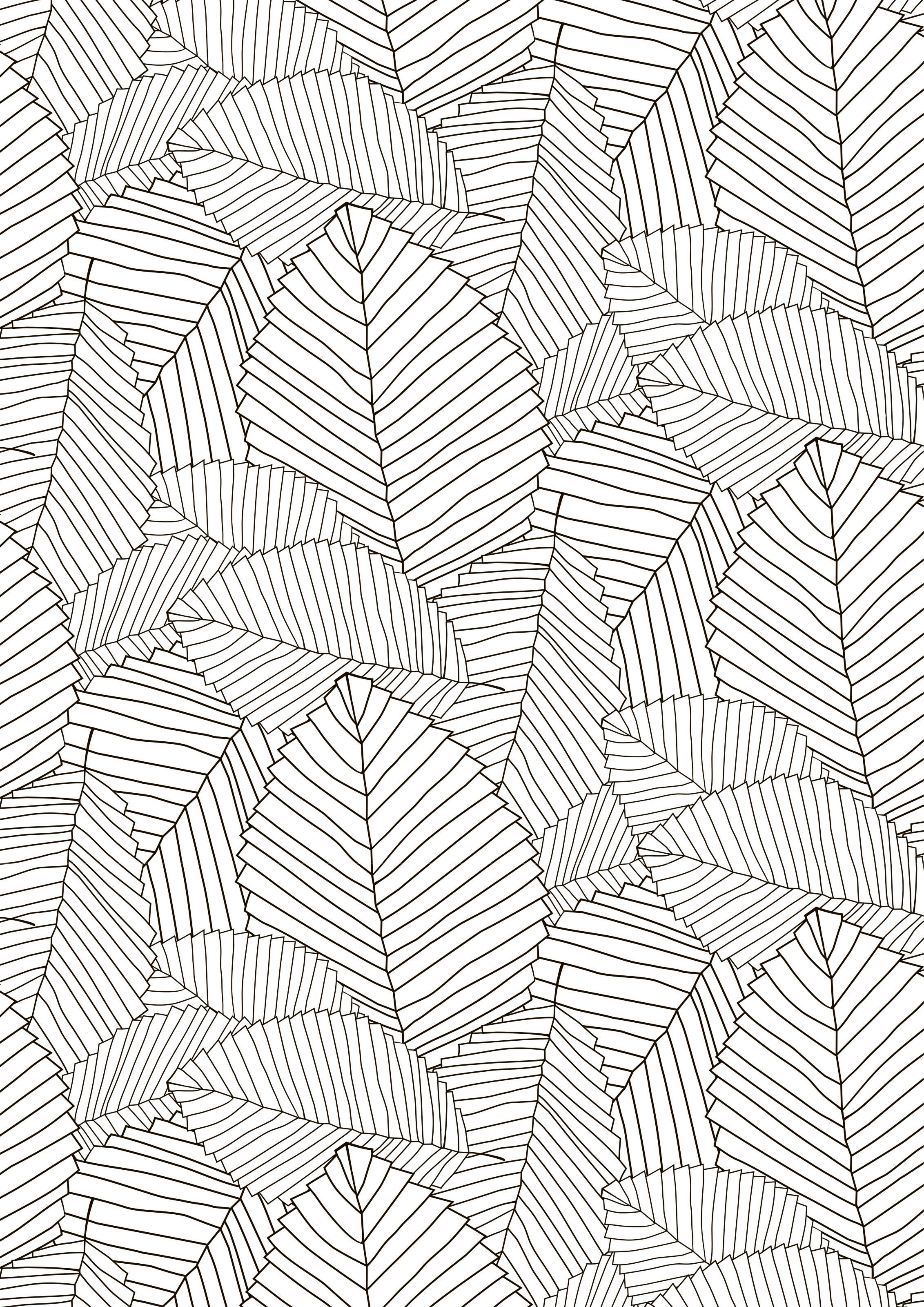
Relaxation can be found in the patterns that Mother Nature produces. Whether it is the myriad lines found in a pile of leaves, the absorbing silhouettes of a thousand fish scales or the mesmerising concentricity of a tree's annual growth rings you will find inspiration and relaxation everywhere.

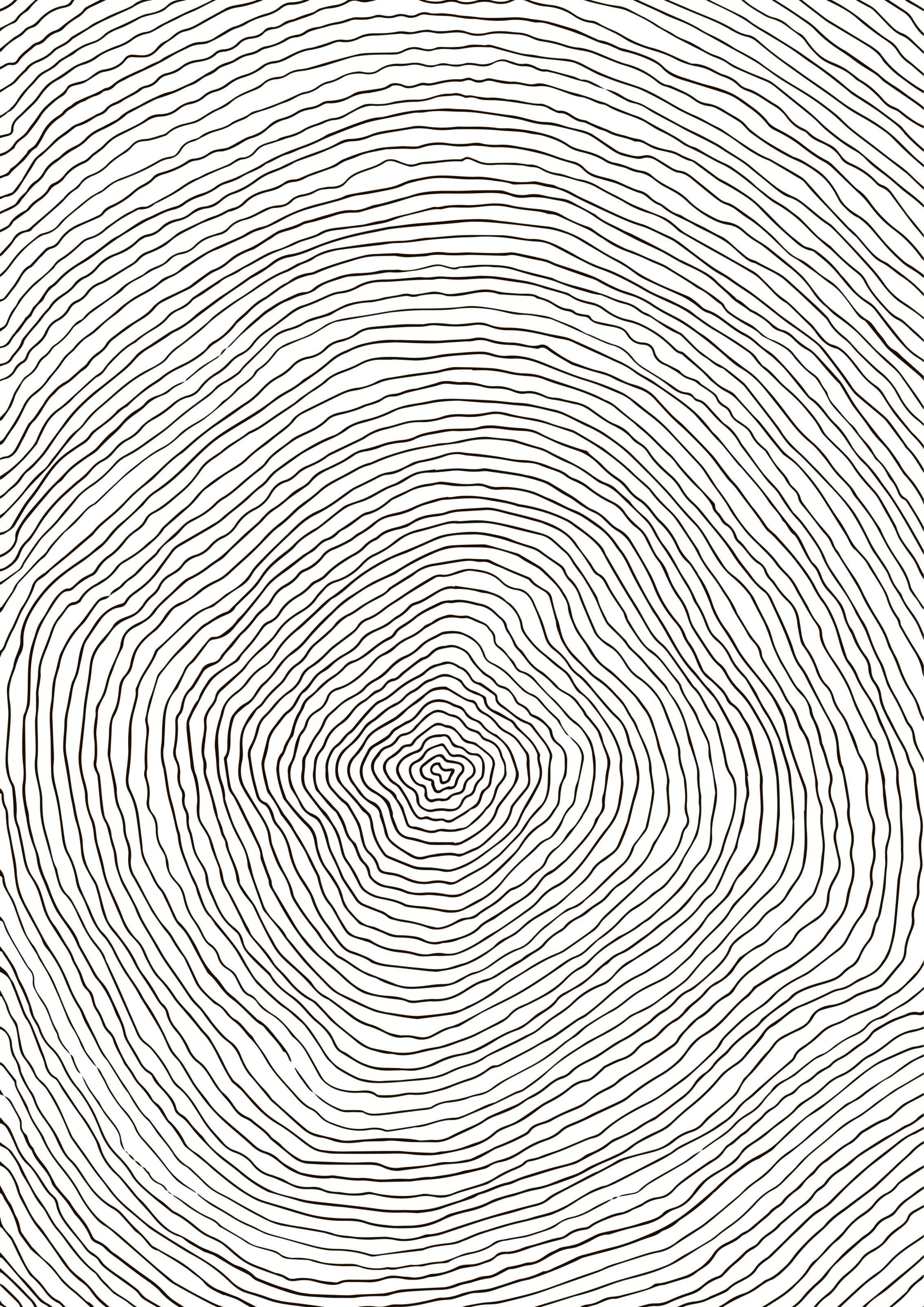








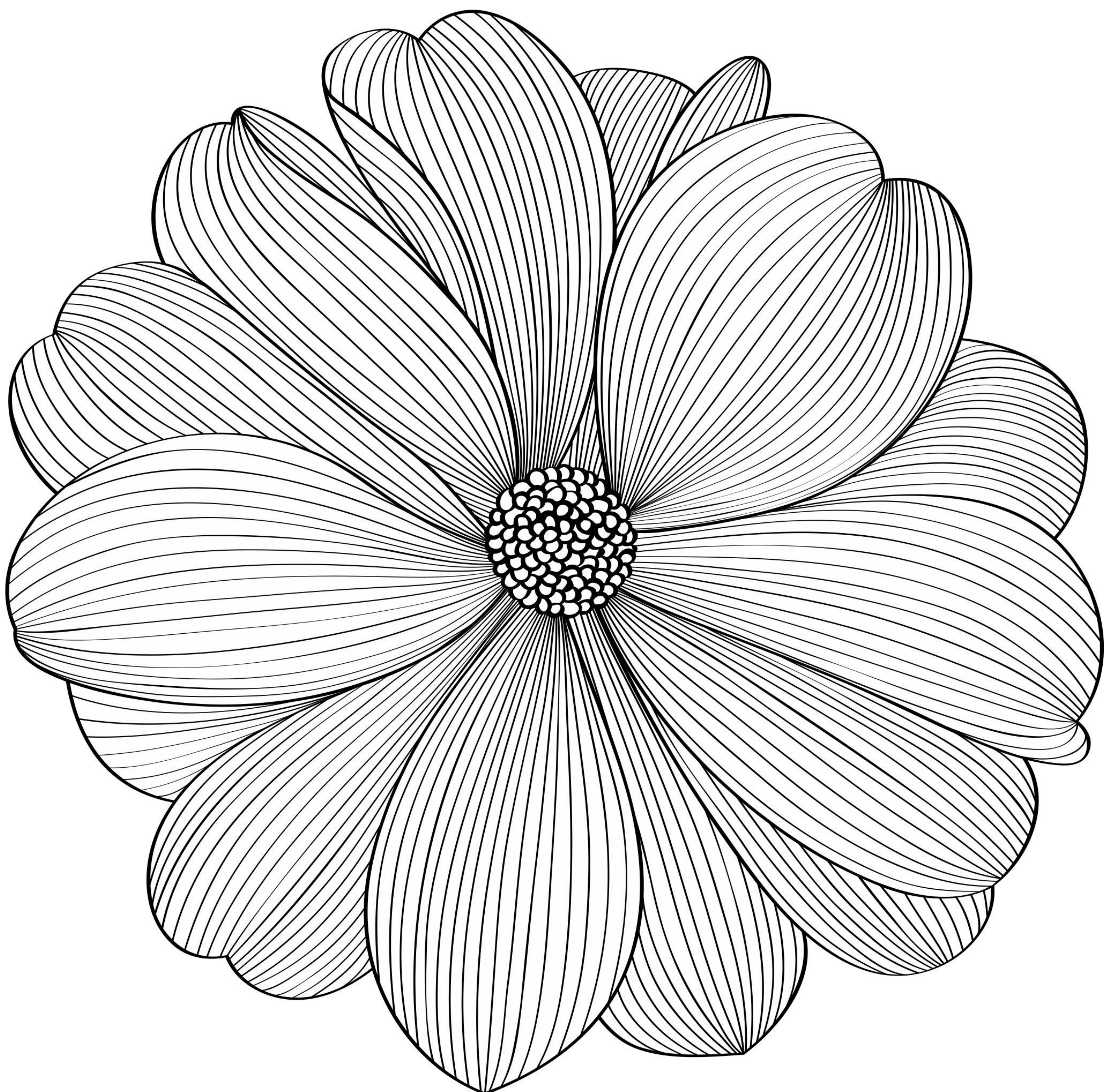


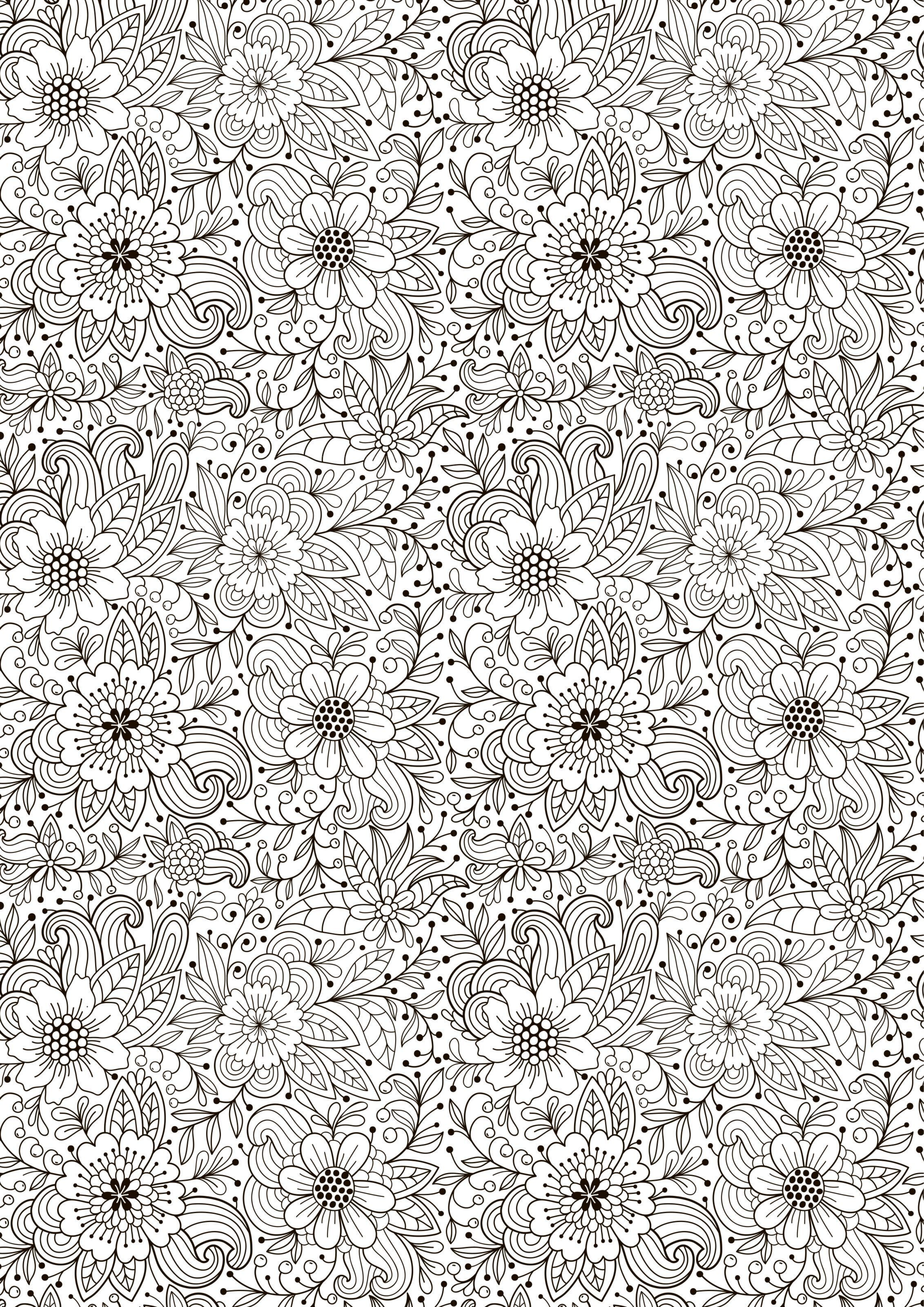










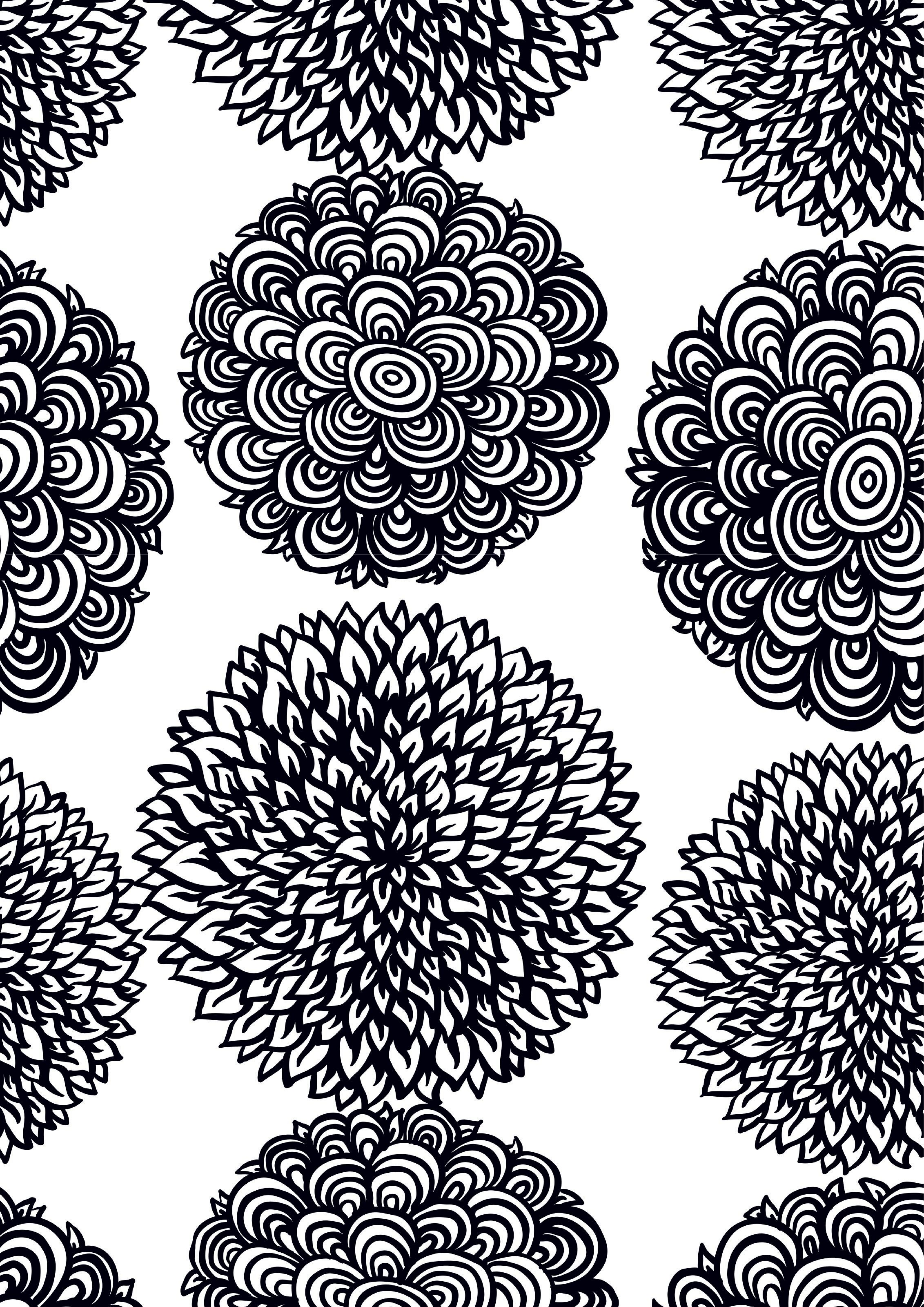












CHAPTER 05

Art Inspired

Who cannot help but be inspired by some of the greatest painters civilisation has seen? Over the following pages you will find interpretations of legendary masterpieces (from the likes of Katsushika Hokusai and Picasso) and give you the unique opportunity to add your own splash colour to these amazing works of art.

Inspired by
Katsushika Hokusai









Inspired by
Vincent Van Gogh



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